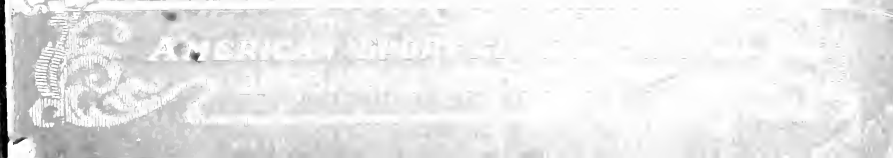


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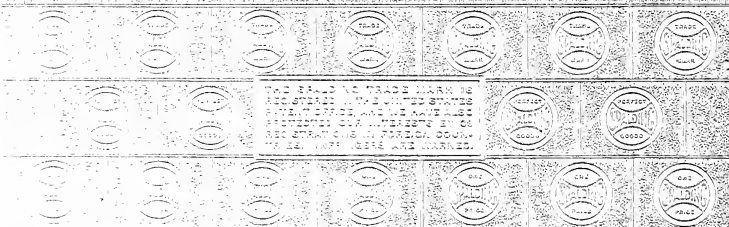
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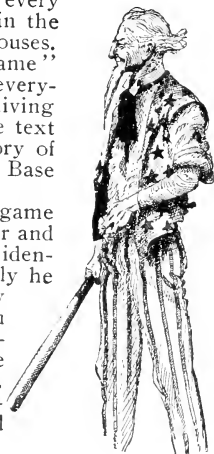
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OTTO WAILE,
New York A.C.; Member of A.A.U. Record Committee and World*
Swimming Authority.

PREFACE

In undertaking the task of giving to the public a short treatise on swimming I recognized the wisdom of obtaining the collaboration of someone well versed in theoretical as well as practical swimming. In looking about me I soon realized that I could do no better than in applying to either Mr. L. de B. Handley, or Mr. Otto Wahle. Both had had a brilliant competitive career; both had followed closely the development of swimming at home and abroad, and though only amateurs, had coached with as much success as any professionals in the country. I was fortunate in finding them only too glad to assist me, and with their aid I put together this book, trying to condense into a few pages all that could be useful to the swimmer, aiming at clearness and brevity, and omitting all unnecessary stuff.

Most of the illustrations are from photographs posed for by representative exponents of the strokes, but owing to the difficulty experienced in getting proper effects with the camera, through water, I deemed it advisable to pose them on terra firma. As a consequence, in several cases the body is so strained as to give a slightly erroneous impression, but the positions of the arms and legs are accurate both individually and in respect to each other, and the only fault lies in the fact that the legs are at times too far below the surface. The line drawn across illustrations indicates approximate water-line. In taking these positions in the water, however, the body will, of itself, correct the fault, and unconsciously the right balance will be established.

C. M. DANIELS.



TEACHING THE NOVICE.

INTRODUCTION

Whole volumes have been devoted to telling why every man and woman should know how to swim, but the reasons may be concisely condensed into three: Swimming is a pleasant pastime; it is an exercise which develops the body symmetrically and thoroughly; and it is often the means of protecting and saving life.

As a pastime it has few equals. The pleasures of bathing, whether outdoors in summer, or in a natatorium in winter, can only be fully appreciated by the good swimmers. The average man tires after a few spasmodic strokes and cannot possibly experience that exhilarating feeling that comes to the expert as he glides swiftly and easily through the "treacherous element" with absolute confidence in himself.

Of the hygienic value of swimming, little need be said. Its very cleanliness insures hygiene; for cleanliness is the foundation of good health, just as uncleanness is the primary cause of disease. But on the subject of swimming as physical culture many erroneous beliefs are held which need correcting. To begin with, there are few exercises that will develop the body as symmetrically as will swimming; and by symmetrically I mean proportionately and from head to foot, with no muscle developed at the expense of another. One often hears the remark made that a swimmer has no muscles at all. It is true, in a way. He shows none of the bulging, knotty muscles of the

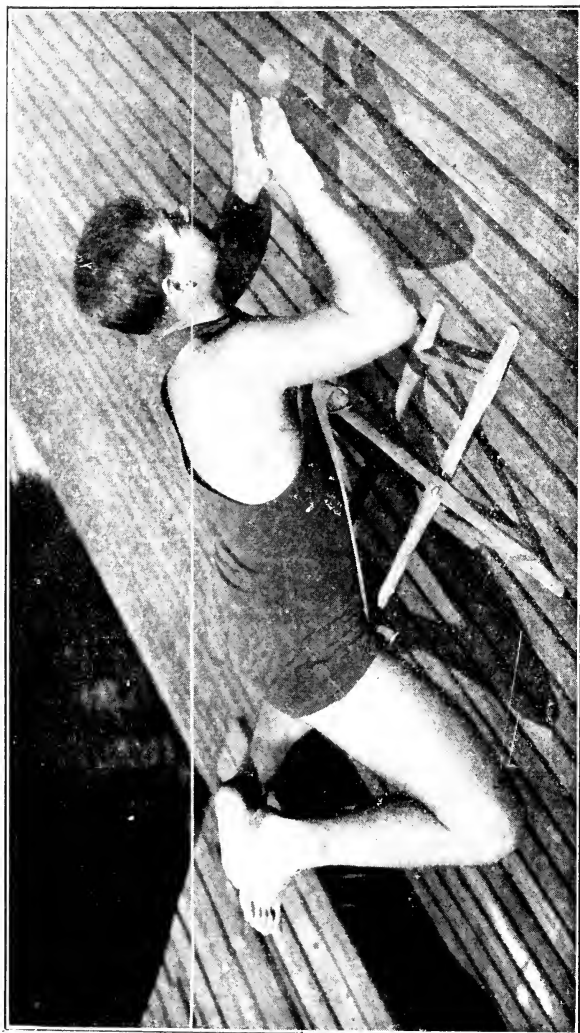


BREAST STROKE—FIRST POSITION.

professional poser. But those clean, smooth arms and legs of his are blessed with the only muscles that will benefit an athlete, the long, pliant, "working" muscles, that never tire and that don't know what it is to cramp or to bind.

I have become so convinced of the value of swimming as an all round developer that I do not hesitate to advocate it as preliminary work for running, jumping, rowing, tennis, or any other branch of athletics, even to wrestling and weight lifting. There is no doubt that it improves the wind, and it has the great advantage of strengthening the muscles without hardening them. One emerges from a two or three weeks' period of training in the pink of condition, yet feeling supple and free in every part of the body. And the very softness of one's muscles permits of the taking up of any other kind of exercise without fear of the soreness that comes from using another set of muscles than the one which has been hardened by exercising.

An athlete of my acquaintance established, a few years ago, a world's record for that all round test called the Medley Race, in which six consecutive quarter miles have to be negotiated—walking, running, bicycling, horseback riding, rowing and swimming. I asked him one day how he ever managed to train for all these different events at the same time. "I didn't," he told me; "I tried it when this competition was first instituted and although my time in the race was indifferent, I finished quite exhausted. In my second attempt at the record, I decided to give a trial to a system advocated by Alex Meffert, and the only training I did, was to swim two quarter miles every afternoon at an interval of fifteen minutes. It proved most successful. I felt strong up to the finish, I experienced no soreness then or after, and although I clipped fully two minutes off my previous



BREAST STROKE—SECOND POSITION.

performance I crossed the line in splendid condition. I believe swimming had made my muscles so supple that there was nothing to tire or to bind, and my wind and endurance just carried me through."

Those coaches and trainers who forbid their men going into the water during training, are either crassly ignorant or know their wards too well to trust them. The average athlete behaves a good deal like a boy in school and tries to take a yard every time he is conceded an inch. If you allow him to take a swim during the summer he will interpret the permission into meaning that he may lie around the water by the hour; or, if it is winter, that he may spend half the day between the hot room and the pool. Of course the next day he is unfit for work and complains of a tired feeling. Then the coach says: "Ah! that swim," and anyone who says "swim" to him thereafter stirs up a row. I know, and no one can convince me to the contrary, that a daily swim of three or four minutes (as much as is needed to cover two or three hundred yards at a brisk pace) far from being injurious to an athlete will increase his snap and dash.

Coming next to the question of its usefulness, it is undoubted that every man owes it to himself to be able to swim. We live so much on, in, and near the water that there are daily possibilities of being called upon to use our knowledge of swimming. Is not the fact that by it we may save ourselves, or others, from a ghastly death by drowning, a sufficient incentive to have us incur a little trouble in learning? What tragedies could be averted were everyone to give the subject a little thought.

There seems to be a prevalent belief among parents that children should not be taught to swim until they are over ten years



BREAST STROKE—THIRD POSITION.

old and that to teach them younger is injurious to their health. Where the idea could have emanated, it is hard to understand, but it is rank nonsense. I have seen in England youngsters under seven who could use the complicated speed strokes just as prettily as grown-up experts, and their ruddy cheeks and sturdy young frames were tangible enough proofs of their not having suffered from their early training. It is the duty of every father and mother to see that their children are taught at the most tender age.



BREAST STROKE—FOURTH POSITION.

LEARNING TO SWIM

Before beginning the instructive text of this book I want to say a word in regard to a question that swimming teachers and coaches are often asked. It is: "Why are not all swimmers taught the same stroke in the same way?" The query is natural, for one seldom sees two men swim alike, even when they are using the same stroke. Nevertheless those men have undoubtedly been taught in identically the same way; only, in each case the individuality of the pupil has asserted itself, and so, while both men are going through the movements as taught them, they are doing so in the manner best suited to their personality. If you want to realize what I mean, ask a few men to lift their arms above their head as in the first position of the trudgeon stroke and see if they don't all hold them up in a different way. Each is assuming his natural position and he will assume it when learning the stroke in the water. Now, how can you expect these men to swim alike when they don't even hold their limbs in the same way? To the man with abnormal development of the shoulders an extreme reach is neither possible nor advisable; it would be a decided strain to him and he will tire much sooner than if a shorter one is used. To the supple, slight man, instead, there will be no difficulty in reaching out and he will benefit by the added length of his stroke. The same may be said of every other part of the stroke. And has the reader ever considered how an imperceptible change



THE SIDE STROKE—POSITION OF THE BODY, SHOWING THE UPPER ARM COMING DOWN AND THE
LEGS OPENING FOR THE SCISSOR KICK.

of time will affect the entire stroke? Of course it is not possible to get arms and legs to start automatically at the exact fraction of a second, nor is it likely that the same time would suit everyone; inclination is a factor not to be disregarded.

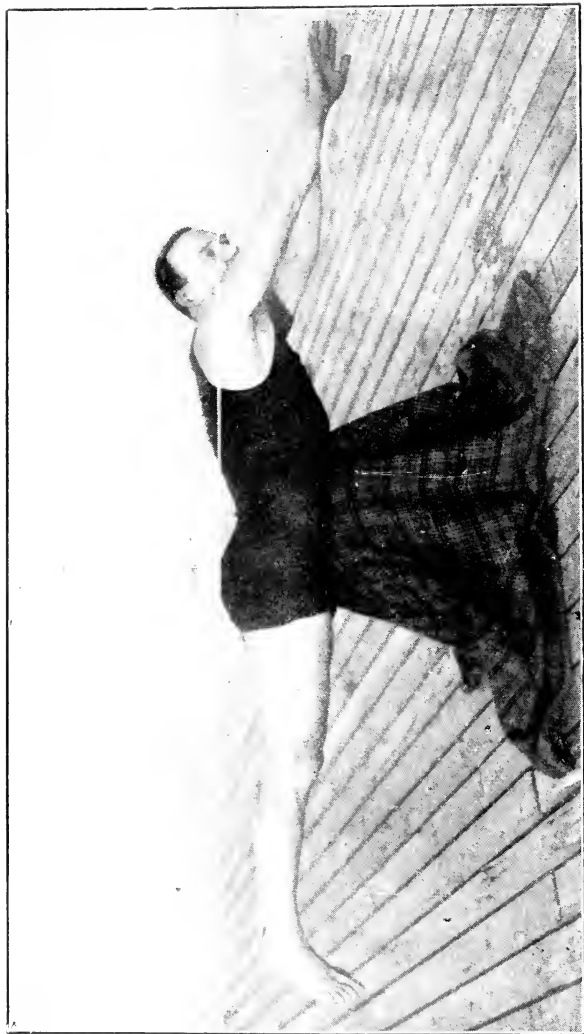
The lesson to be learned from this is that the best results are obtained by adapting the various movements to one's build; not by changing them, but by using them in such a manner as to place no unnatural strain on any part of the body.

PREPARATORY LAND EXERCISES.

Paradoxical though it may seem, the movements necessary in swimming are best acquired out of water and I strongly advise the beginner to go through a period of land exercise before attempting to learn. Especially in the case of women and children I have found the system excellent. The fact is, people often have a morbid dread of the water (born probably of unfamiliarity with it) and get so nervous in it that they are quite unable to keep their mind properly on what they are doing, while you teach them. On land, the action of both arms and legs, the correct way of breathing, and the respective time of all three can be practiced at ease until they become so familiar as to be gone through instinctively when one enters the water.

The different parts of the stroke should first be taken up separately, beginning with the legs, then the arms and breathing, and finally all together.

To master the leg movement, stand with heels together and hands on the hips. Lift right leg off the ground, pointing the knee outward until the heel almost touches the left knee, then straighten it out so that the ankles are about two feet apart and



TRUDGEON - FIRST POSITION.

bring it briskly down to starting position. Do the same with the left leg and proceed, alternating them.

To learn the arm stroke, begin by placing the hands at the height of the chest, about a foot below the chin, palms down, fingers close and pointing before you. Push the hands out parallel to the ground until they are at full length. Turn palms outward (thumb down) and bring arms back, stiff at the elbow and still parallel to the ground, until they are at right angles to the body. In other words, let them describe a quarter of a circle. Then bend the elbow backwards and gradually turning the palms down again, return to original position. Repeat until familiar with.

In breathing, you should inhale through the mouth and exhale through the nostrils. Inhale while the arms are coming back and exhale while they go forward. A suggestion made by the Hon. Sydney Holland I have found to work wonders. He tells novices to blow their hands away from them. The breathing in swimming should be easy, not short and hard. Begin to inhale as soon as the hands start down and manage so that you will just have filled your lungs by the time they reach the chest. Begin to exhale as they start forward and continue until they are on the full reach.

Now take the stroke all together. Start with the arms stretched out before you and as you bring them back, take a deep, slow breath. When the hands are about to reach the chest, bring up the right leg; as the hands go forward straighten the leg out and when they are about to become extended, snap it down alongside of the other. On the next stroke let the left leg do its work, and continue, alternating them.

Before entering the water it is advisable to learn to use both



TRUDGEON—SECOND POSITION.

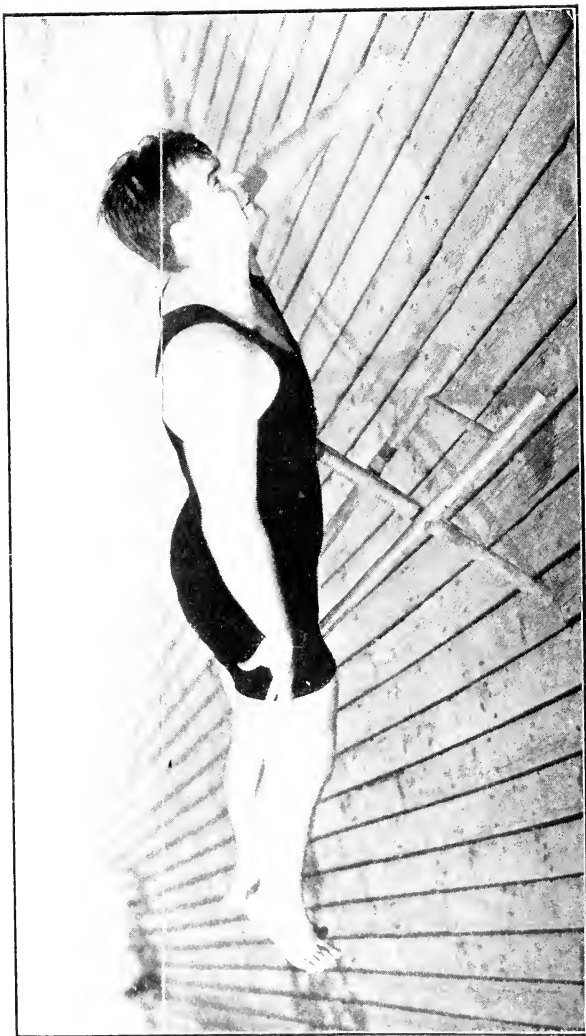
legs at the same time in connection with the rest of the stroke. You can do this by lying face down on a stool or chair. The position is not a very comfortable one, but you only need do a few minutes at a time of it and the work will certainly benefit you a lot.

In some books I have seen land drills for the trudgeon and crawl advocated as instructive. Personally, while I believe them an excellent exercise for developing the body, I do not think they teach anything. The strokes are far too complicated. It is an entirely different matter from the simple breast stroke movements, and it will be found much more satisfactory not to lose any time at them.

HINTS TO THE BEGINNER.

In undertaking the actual task of swimming, salt water is preferable to fresh, because it has more sustaining power. Whether you have indulged in land exercises or not you will find it hard to support yourself, at first, and if you can find water about four or five feet deep, where you can touch bottom at will, if you get nervous, I should advise your doing so.

Most instructors are in favor of cork belts, white wings, inflated bags, and other floating devices for beginners; but I think them a mistake. Swimming is entirely a question of balance, as the body floats naturally, and all artificial buoying-up destroys the right idea of how to hold one's self. I realize that one learns more readily when no effort has to be made to keep above water, but there is a way of giving support without affecting the balance. Place a canvas belt or a strip of cloth around your chest, tie a thin piece of rope to it and attach the end of this rope to a



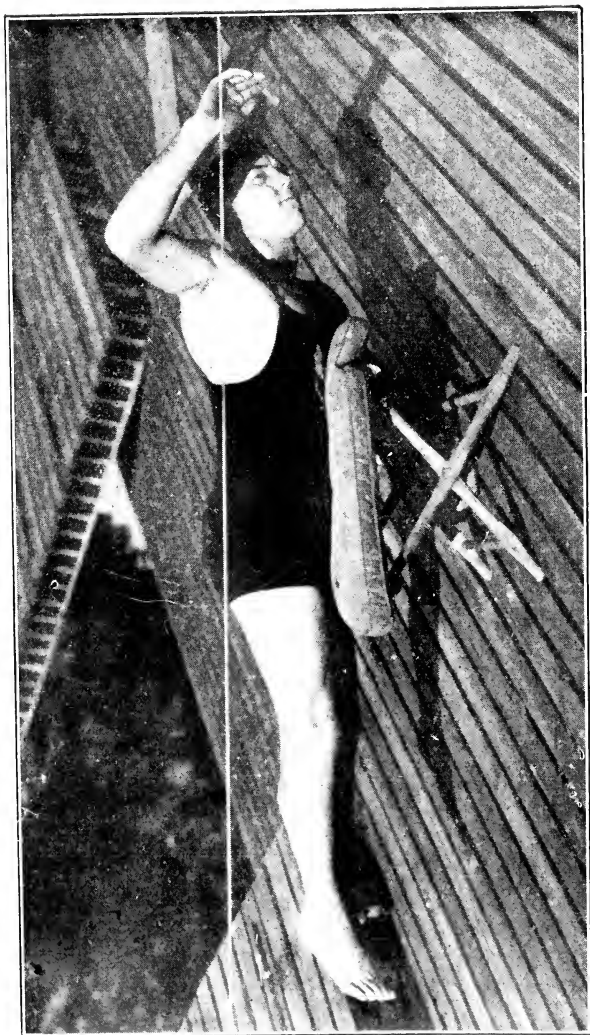
TRUDGEON—THIRD POSITION.

short stick, as on Page 6. The instructor or a friend can hold the stick while you practice, placing on it only sufficient pressure to keep you afloat. How little this is you will understand by watching a performer in the plunge for distance; without moving a muscle he keeps on the surface indefinitely. The belt system has the advantage of allowing the holder to gradually diminish the sustaining pressure until, without being conscious of it, one swims without support.

If you cannot find help it may be best, in case of nervousness, to provide yourself with white wings or an inflated bag; then let out the air a little at a time, until you become used to swimming without props at all.

The position of the body is an all-important matter in swimming, for it is position that insures the proper balance. One often sees the beginner floundering along with head thrown back to such an angle that it looks about to fall off, and this, besides placing a terrible strain on the neck, brings the feet far too low in the water, retarding progress. The position is generally due to faulty breathing, for in breathing properly there is no need to crane the neck to get air. Just watch a good swimmer of the breast stroke and notice his easy position, half the time mouth is under water as on Page 10. That is the correct way to carry the head. While the arms are coming back, their applied power lifts the body and brings the mouth well above water; then is the time to inhale; later, as the hands go forward, the mouth sinks below the surface and one exhales under water, preferably through the nostrils. Pay great attention to the breathing, it is the secret of easy swimming.

In learning to swim never hurry the movements, haste is the negation of form and you can only acquire the correct stroke by



TRUDGEON - FOURTH POSITION.

making every move a slow, careful one, thinking all the time of what you are doing.

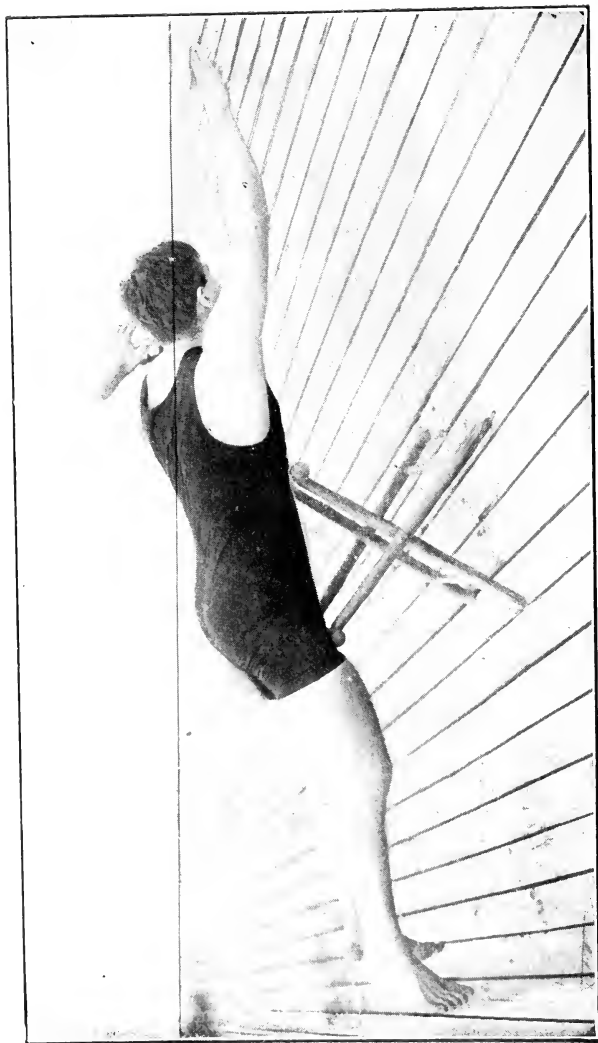
If you have taken no preparatory land exercise before tackling the stroke, or if you find that the movements don't come to you at once in the water, you had better try the various parts separately, as advocated previously, until you have mastered them thoroughly.

THE BREAST STROKE.

Racing men as a rule are wont to look upon the breast stroke as useless and obsolete as proved by the fact that efforts have been made to have it stricken from the list of championship events.

The men guilty of this senseless move can not have given the subject very careful consideration. On a long swim, whether forced on one by chance or taken for pleasure, nothing is more restful than a short change from the speed strokes to the breast. And as to its usefulness, it is the only stroke, barring the back stroke, that will allow one to make shore with a victim in case of a rescue from drowning.

To learn the breast stroke, lie comfortably on the surface so that your feet are only a few inches below it and your mouth is just under water. Place legs together and straight, toes pointing back, arms extended in front, hands touching, fingers closed, and palms down. In starting to swim, turn the palms outward, thumbs down, and, keeping the elbow stiff, draw the arms back just below the surface and parallel to it until at right angles to the body; then bend the elbow backward and gradually turning the palms down, bring the hands together at the chest; then shoot them forward to starting position. The legs are not moved



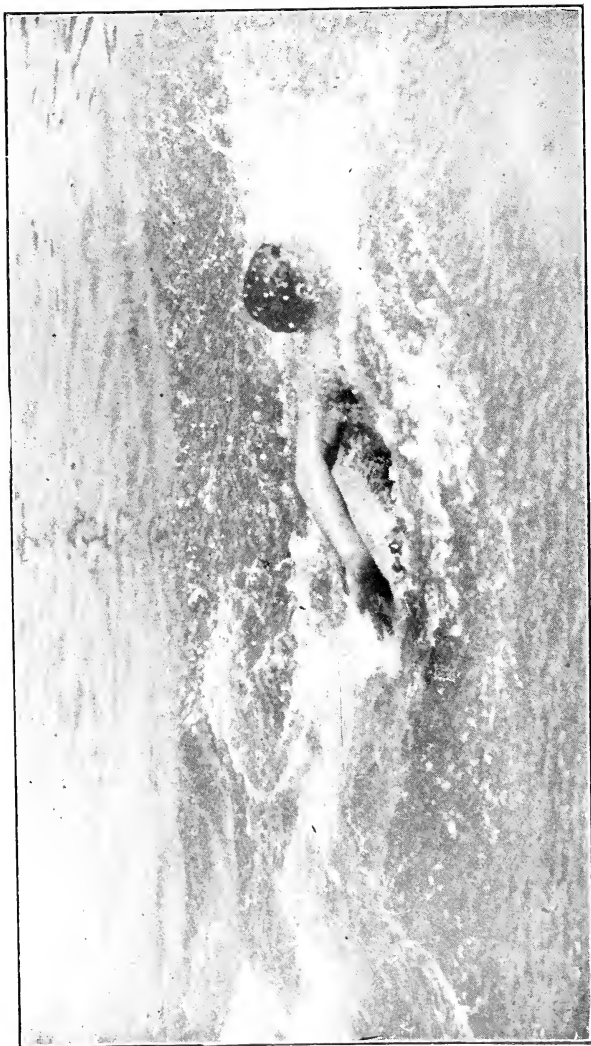
TRUDGEON - FIFTH POSITION.

until the hands approach the chest, then they are drawn up, knees out, heels together; when the hands start forward the legs are kicked out straight without closing them, and as the arms get to the full reach the legs are snapped sharply together. In this position the body, driven by the impetus of the kick, is allowed to "slide" until the momentum is all but exhausted, when the arms are started again. Of course, though the various parts of the stroke are described separately, in action they are run into one another so closely as to produce a smooth, continuous motion.

THE SIDE STROKE.

I hesitated some time before giving this stroke space. It is one of the racing strokes that has seen its day, and is slowly passing away. Nevertheless it is used by many coaches to prepare the pupil for the more complicated trudgeon, and it undoubtedly facilitates the acquisition of the scissor kick so I will give the way to learn it.

The body rests on the water with one shoulder down, and it will be well, at first, to hang on to some stationary support to practice this kick. It is absolutely different from the old frog kick and not easy to learn properly, so don't get discouraged if you fail to become perfect after half an hour's trial. Things that are worth while do not come as rapidly as that. The first movement of the scissor kick consists in bringing the upper leg forward quite stiff at the knee and the under one back to a kneeling position. The under leg should not be moved from the hip, but from the knee. The action of the scissor kick should be front and back, just as in walking, with no side motion at all. When the toes of the under leg are two to three feet from



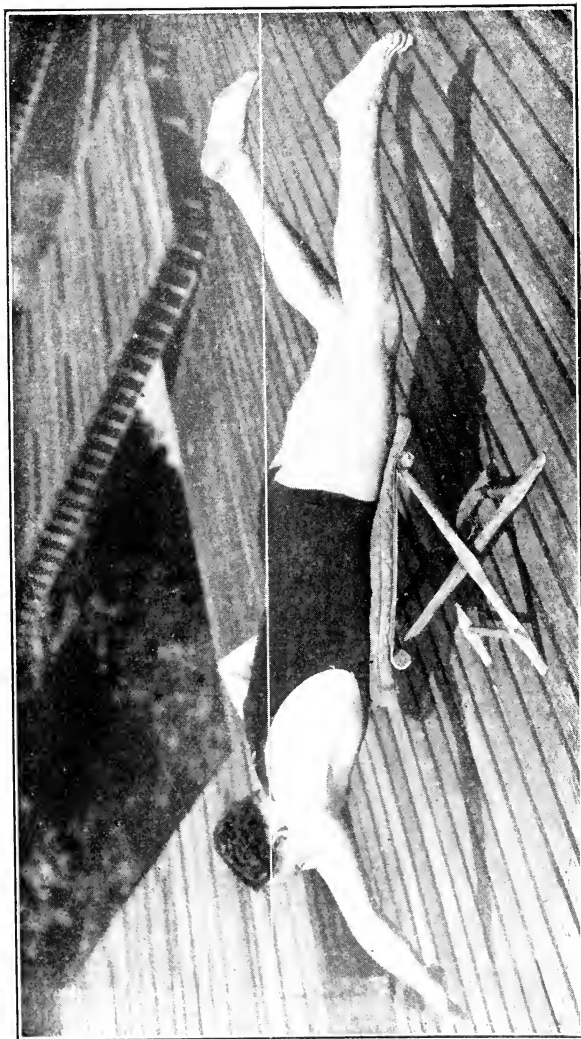
THE TRUDGEON IN ACTION.

the heel of the upper one (according to one's size) the legs are brought smartly together. The ankles are bent up just as the legs separate and then return to their original position as the legs close. Particular pains should be taken to keep the upper leg rigid; it comes instinctively to bend it and unless you exaggerate in practice you will not hold it properly later. In bending the knee, a resisting surface is presented to the water which offsets all the good derived from the kick. The opening of the legs should be done very slowly, as a sudden movement in this, acts like a brake, and they should be brought together with a snap. It is a fault to open the legs too wide, as it increases the resistance.

For the arm action, place your arms above the head, palms turned away from the face. Bring upper arm down smartly, with elbow rigid, hand the least bit spooned, fingers together. Carry through the water just below the surface, describing a semi-circle to end at the thigh, then bend the elbow and bring it forward well above water until on the full reach again. The under arm should be started just as the upper one finishes and brought down parallel to it, so that it brushes the lower thigh; then the elbow is bent and the arm is shot forward below the surface, palm down. Breath is taken as the upper arm comes down and exhaled as the under arm goes forward. The legs are opened as the upper arm starts down, and snapped back as it finishes. The side stroke should give a smooth run with no jerks.

THE TRUDGEON.

A thing which I omitted in the side stroke, but now becomes a necessity, is a coach. This point I must emphasize before proceeding any further. Swimming is a sport different from most



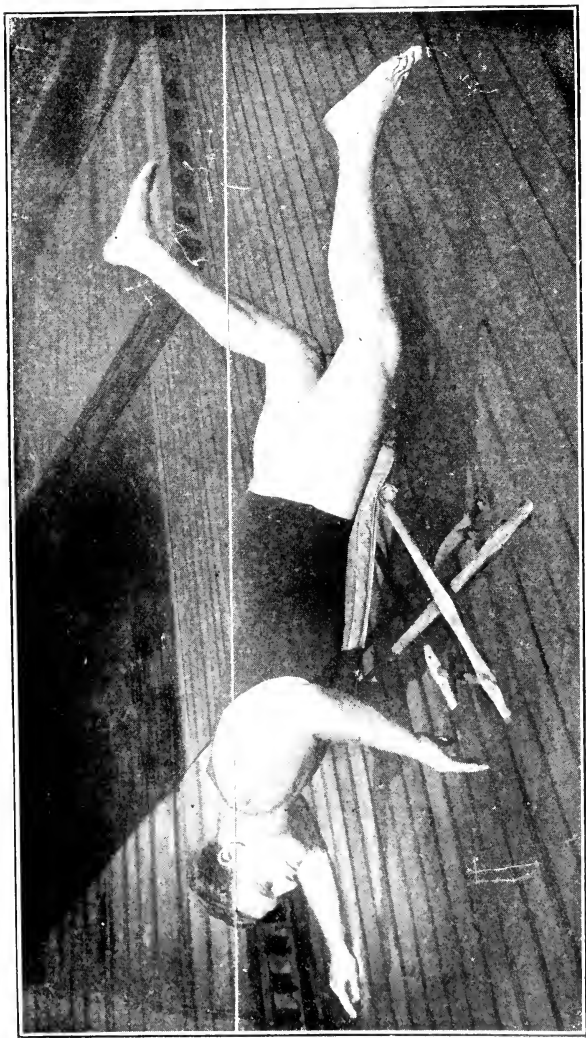
CRAWL—FIRST POSITION.

others inasmuch as the pupil cannot see what he is doing and often falls into serious faults without being aware of it. These, if not corrected at once, become chronic. The coach should be an expert, if possible, though anyone is better than no one; only, it is essential that faults should be corrected and the uninitiated cannot very well tell you how.

The trudgeon is the least tiring of strokes, when its relative speed is considered, and may be used for any distance. It is my opinion that a judicious alternating of the breast and the trudgeon will tire less and give better results than the use of the under- and over-arm side strokes.

The trudgeon is a double over-arm stroke combined with the above described scissor kick. In not a few cases, however, it has been modified by an additional fluttering of the lower leg as the under arm goes forward. This keeps the body moving until the upper arm is ready to start downward again. That the name of trudgeon should be given to this new form of stroke is rather odd, as it does not resemble it very closely, but then, "trudgeon" has come to be a sort of generic appellation to be given to any variety of double over-arm.

In learning the trudgeon the swimmer should take up the more simple kind, adding the crawl flutter later, if found advisable. The kick is the first thing to study and if one has tried the side stroke the arm action only will have to be practiced, as the scissor kick is used in both. I will remark here, though, that it is a great mistake to pass from one part of the stroke to another until the first has been thoroughly mastered. The trudgeon is far too complicated a stroke to allow of its being learned all together. Therefore, until that scissor kick is perfect, do not attempt to go any further.

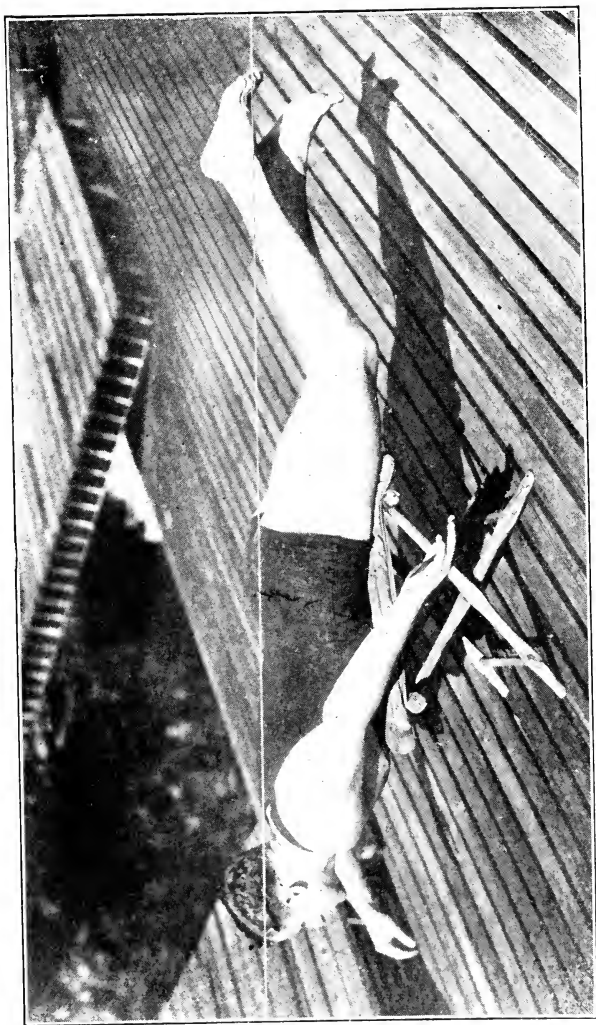


CRAWL—SECOND POSITION.

When you feel confident of being an adept kicker, take up breathing. It is essential that this most important part of the stroke be acquired before bothering with the arms. To learn to breathe properly, lie flat on the water, face down, and begin by freeing the lungs of air, blowing it out under water, slowly and easily. Do not attempt to clear the lungs with one powerful blow, but let the air out gradually; it should take at least three or four seconds. This done, turn your head from the shoulders, to the side the upper arm is going to be, and take a long, deep breath, without haste. When the lungs are full, twist the head back and exhale under water as before, through the nostrils. Repeat until the method has lost its strangeness.

In choosing a side to swim on, consult inclination. If you feel more comfortable on the right, adopt that side, but if you are equally at ease on both sides, swim with the right shoulder down, as this brings up the left flank and relieves the heart of a good deal of pressure that is placed upon it in swimming the other way.

For the arm movement let the body rest on the water with hands at full reach above the head, palms down. This is the first and last position of the stroke. In catching the water the body is rolled a little and the head twisted around to bring the mouth above the surface. The palms are turned a wee bit to the side the body turns, and the upper arm is brought down with a strong, steady pull—elbow fairly rigid, wrist the least bit bent down, fingers together—until straight down alongside, then the elbow is bent and the arm brought forward well above water. The semi-circle described by the arm in the trudgeon is not like in the side stroke, parallel to the water, but almost at right angles to it. It is at right angles to the body, really, and as the body is rolled, the angle becomes more acute. Some men,



CRAWL-THIRD POSITION.

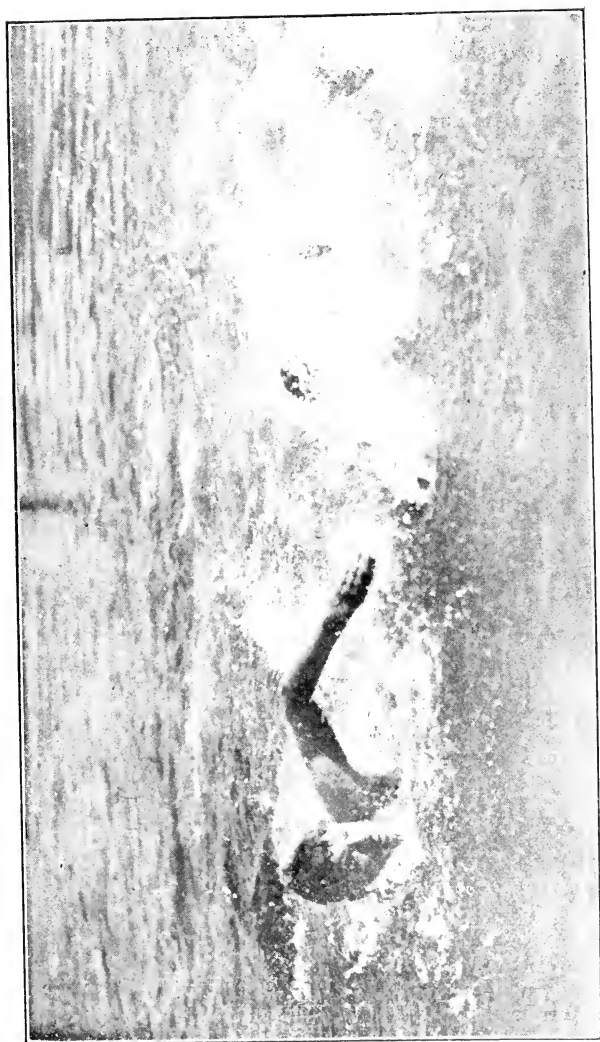
in swimming distance, roll until the arms are at an angle of about 45 degrees. The under arm is started just as the upper finishes, except in some cases. I have seen distance men "slide" for several yards, holding the upper arm alongside and the under one on the full reach, to be brought down only as the momentum died away. The under arm follows the same orbit that does the upper one, almost parallel to it; as it reaches its completion the body is rolled back on its face, the elbow bent, and the arm shot forward as the other, clear of the water; just as it gets to the full reach the upper arm is started down again.

I have remarked already that in distance swimming the body rolls strongly; in sprinting, instead, it travels almost flat on the water, so that breath has to be taken by a rapid twist of the head from the shoulders. Also the elbows are bent a bit more in sprinting to facilitate a quicker stroke, and instead of going straight down, they pull a little to each side, finishing at the hip instead of at the thigh.

In swimming the whole stroke, the time to be followed is: Upper arm first; legs are opened up as it starts and snapped together as it finishes; under arm comes down next; upper arm starts the recovery as the under arm catches the water and begins another stroke as the under arm lifts to go forward. Breath is inhaled while the upper arm is pulling and exhaled while the under arm recovers.

THE CRAWL.

This stroke, which experts have come to look upon as the stroke of the future, is a combination of an abbreviated over-arm and a peculiar leg drive learned by the Australians from the natives of the South Sea Islands. The leg drive cannot be called



A CLOSE FINISH IN A SPRINT RACE—ALL THE CONTESTANTS ARE CRAWLING.

a kick; it is a continuous up and down alternate thrash of the lower legs from the knee down. In Australia the action of the arms and legs is synchronous, that is, the right arm comes back as the left leg goes down, and vice versa. In America, with few exceptions, the arms and legs are worked independently, and the thrash has a narrower scope, the legs being opened less.

That our system is the best seems undoubted, if theory counts for anything in swimming. Mr. Robert Sandon, whom I consider one of the world's leading authorities on aquatic matters, explains the reason in a manner that I think convincing. He asks us to watch the flight of a flat stone that has been thrown hard along the surface of the water, and note its progress. So long as the flat side strikes the water it bounces on without a check until its momentum ceases, but, let even the smallest portion of it become immersed and it is brought to a sudden stop, its flight checked instantly, never mind how great its speed. Apply this to swimming, now. In the trudgeon, or even in the Australian crawl, when swum easily, there is a time when the propelling forces pause, the body sinks lower in the water, and a check is noted; in some swimmers a very decided one. In the American crawl, instead, the continuous action of the legs keeps the body constantly in motion, so that there is no check or sinking and the stroke must perforce be faster. Of course, in sprinting with the Australian crawl the pause is so infinitesimal that there can be little advantage over it in the American stroke, but as it is very probable that eventually we will use the crawl for all distances, the point is not to be overlooked. A small number of Americans have adopted the Australian stroke, with its wide and synchronous thrash, but have added a fluttering of the feet between arm strokes, which makes the action continuous.



First Position.

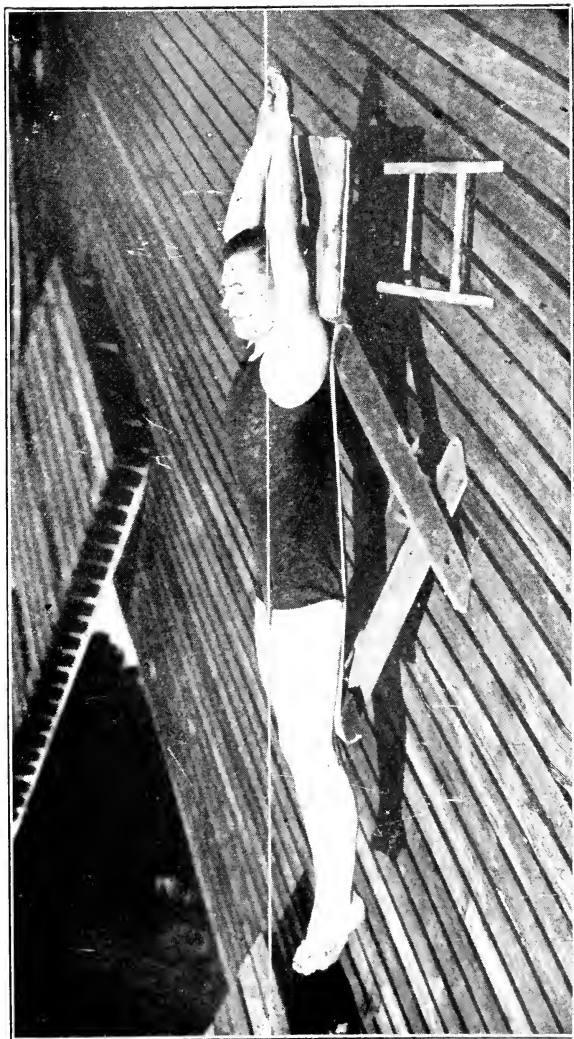
Second Position.

THE AUSTRALIAN CRAWL--ILLUSTRATED BY CHAMPION C. M. DANIELS.

The relative time of the arms and legs, in the American crawl, can best be determined by the individual or his coach; one with strong arms and weak legs can adopt a rapid arm motion and a slow kick; one with strong legs can do the contrary. This is one of the stroke's best features, for it can be fitted to each person. Some of our best men use the arms almost entirely, and one at least, Mr. H. J. Handy, of Chicago, lets his legs trail behind him. He tried the kick, but found he could not swim without tiring when using it, so he abandoned it. Others can go almost as fast with legs alone as when using the arms.

A good deal of discussion has been raised in regard to whether the ankles should move or not in the crawl. Mr. Gus Sundstrom, instructor at the New York Athletic Club, who was indirectly responsible for the introduction of the crawl in America and who has more speed with the leg drive alone than any man I have seen, not only bends the ankles back and forth, but he says it is by doing it that he gets his wonderful speed. His drive is more of a pedaling motion, he brings the toes up as the leg rises and points them down as the leg snaps back. A few of our swimmers also move the ankle a little, but most of them keep it rigid. At the present stage we cannot say positively which is the better method, but from Mr. Sundstrom's success we should say using them is.

There are as many varieties of the crawl nowadays as there are men using it. No two swim it alike and each indulges in a little experimenting of his own. This will gradually lead to progress, and it is probable that as the men discard the inefficient details in favor of the successful ones, the different varieties will condense into definite strokes from which the best will eventually be picked



FIRST AND LAST POSITION OF THE BACK-STROKE.

To learn the American crawl, start with the arms. In fact, you will probably do well not to try the legs at all until you can swim a good fifty with your arms only. Lie flat on the water, with arms a little bent at the elbow and stretched out above your head. The wrists should be just beyond your head and the arms a little more open than in the trudgeon, hands bent down a little. Catch the water with a decided snap and drive them through at a brisk pace, always bent at the elbow, until they reach the hip, then lift them clear of the water and carry them forward with elbow well up in the air. The arms being started wider apart than in the trudgeon, they are also brought down further apart. The under arm is started just as the upper one finishes.

For the kick, move the legs up and down alternately, keeping them stiff at the hip and holding the knees close together. There is little difficulty in learning this, if one knows how it should be done, but the best way, after reading the description, is to watch it in action. To imitate it without having read it up, is not easy, and to acquire it without seeing it is harder still, but with the help of both a few days of practice will be sufficient. Don't open the feet more than twelve or eighteen inches from heel to toe. The real difficulty in the crawl is in working the arms and legs into a smooth stroke, and also in learning to hold the tiring leg drive over a given distance. Both are a matter of practice.

The position of the body in the crawl is flat on the face, much like when sprinting with the trudgeon; there should be hardly any rolling and breath should be taken only every two or three strokes by a quick twist of the head as the upper arm is being brought down. The time for exhaling is as the under arm goes forward.



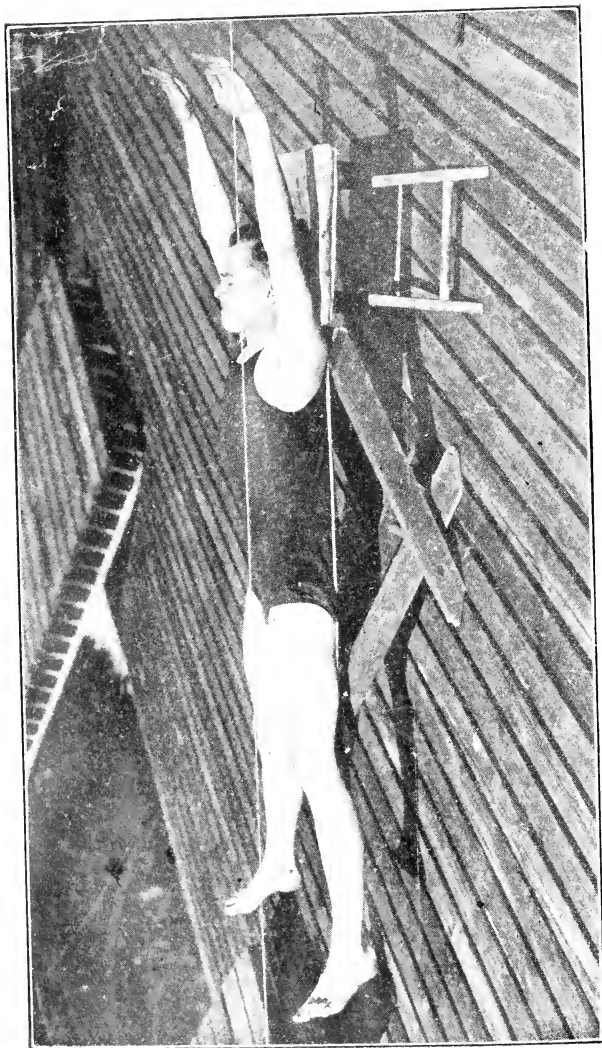
SECOND POSITION OF THE BACK STROKE.

When the crawl is swum slowly, as it is over the distances, the arm stroke is lengthened, so as to resemble that of the trudgeon, and the legs are slowed according to the distance; then breath is taken at every stroke.

SWIMMING ON THE BACK.

Those few who are students of the back stroke have attempted to adapt the latest speed strokes to back swimming and while the success achieved has not proved decisively the superiority of any one form, there are three strokes now being used. The first is a counterpart of the breast stroke, altered only enough to suit the different positions. The arms, instead of recovering in the water, are lifted into the air to get to the full reach, and the action much resembles that of a windmill. The second has this same arm action with the leg drive of the crawl, and the third is identical, except inasmuch as the arms move alternately as in the trudgeon, instead of together, as in the breast stroke. Of course, in alternating, a decided roll is given to the body.

To learn the plain back stroke, lie flat on the water, as in floating, with arms fully extended above your head, hands flat, palms turned upward. This position also ends the stroke and should be held while the body is allowed to "run," after the legs have kicked. In bringing down the arms, catch the water sharply with hands back to back, palms outward, and pull them through with a steady pull, stiff at the elbow, describing a semi-circle just below the surface and parallel to it. When the arms are alongside, turn palms downward and keeping them rigid, carry them to the full reach by waving them up well clear of the water. The legs are held close together, toes down, until the arms start their recovery, then they are bent up, and open, just like in the

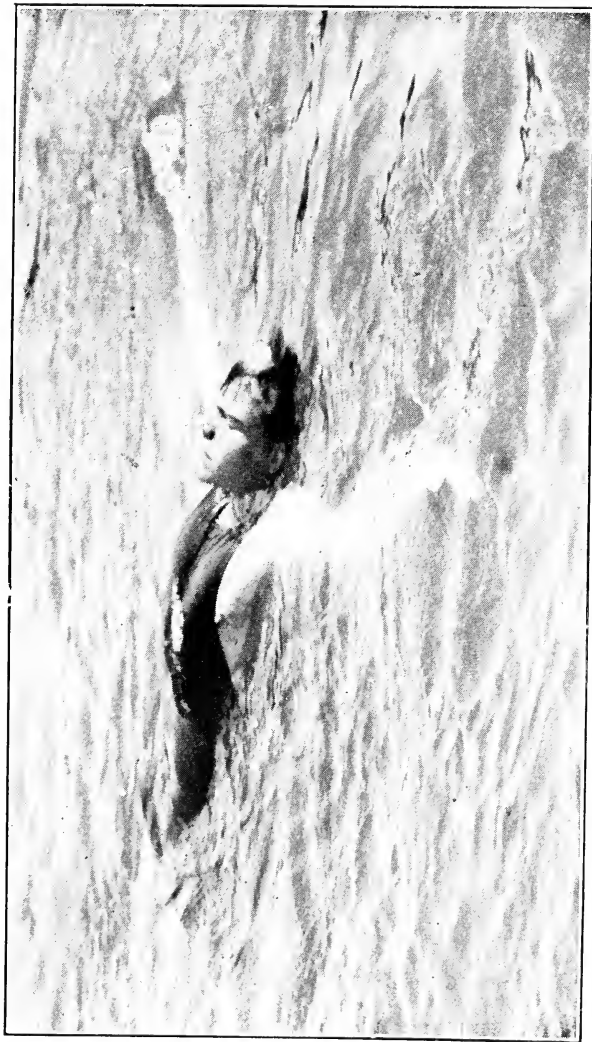


THIRD POSITION OF THE BACK-STROKE.

breast stroke kick, and they are snapped together as the arms attain the full reach, when the body, now in original position, is let "glide" until the momentum imparted by the kick wears off. Then another arm stroke is started. It is really the action and time of the breast stroke.

For the two other varieties the work of each individual arm and leg is the same and the leg drive has been described in detail in connection with the crawl. The time, in either, may be suited to oneself as the arms and legs work independently of each other.

Swimming on the back is best adapted to men with long, strong arms, so that tall people generally turn out its best exponents. It is not a popular method of natation, and many look upon it as a very useless accomplishment. This it is not by any means, though, for in life saving it is used with great success.



SWIMMING ON THE BACK. IN ACTION.

COMPETITIVE SWIMMING

HOW TO CHOOSE ONE'S DISTANCE.

Every man, in deciding to enter the competitive field as a swimmer has some idea as to whether he wants to become a sprinter or a distance swimmer, for nine times out of ten it is the realization of one's possibilities that leads to racing. In either case, there are but two strokes worth taking up, the trudgeon and the crawl. For a sprinter the crawl is undoubtedly the one to adopt and many maintain that it is also the fastest distance stroke. Learned for the purpose, and timed accordingly, there is no reason why it should not give the best results. The fact that it is admittedly the speediest sprinting stroke proves beyond question that the movements are the best and that it is merely a case of making them just slow enough to be held over the distance to be covered. Several swimmers have negotiated the mile in competition with it, so that we know it can be done. The aspirant to distance honors can lose nothing by giving it a trial; it is easy to revert to the trudgeon if it proves unsatisfactory. And in advocating a trial, I do not mean for the candidate to try to hold the vertiginous fifty yard speed over a half mile or mile course, an attempt most novices make, but the swimming of easy stretches, say of two or three hundred yards, very slowly and paying close attention to form. Not one out of ten has a really good conception of pace, and few men seem even to appreciate that pace must be adjusted to the distance



FIRST POSITION IN TURNING.

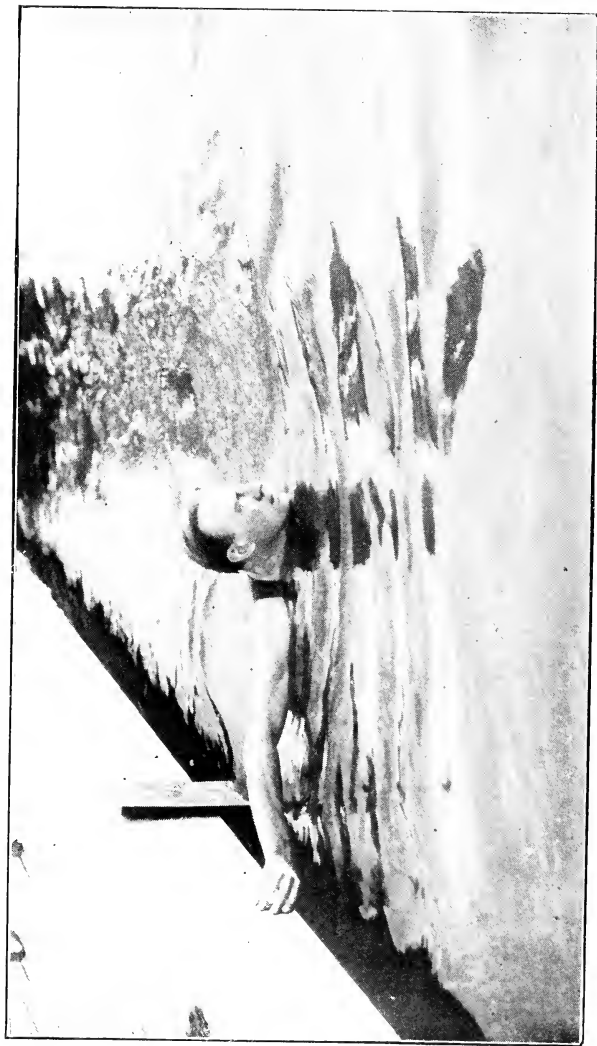
before one. They will start out on a long swim, especially if they are trying a stroke that is new to them, as if they were going only fifty yards, and of course they die out before the hundred mark is reached. I believe this to be the reason that at the appearance of both the trudgeon and the crawl everyone predicted that they would never be held over the furlong.

Whether it is best for one to become a sprinter or distance swimmer cannot very well be ascertained until a good deal of racing has been done. Everyone begins at the sprints, and if one is better fitted to the distances he will soon find it out without being told. The knowledge comes instinctively.

In taking up racing, or in deciding to, the prospective competitor should bear in mind that the only way to succeed is to learn the stroke correctly and thoroughly before attempting any fast work at all. To race with a faulty stroke is simply to develop and confirm one's faults and to doom oneself to mediocrity. Many youngsters who win their novice race, and possibly some other unimportant event by brute strength, firmly believe that they are on the high road to success, and neglect form altogether, with the result that they never accomplish anything. Form is indispensable nowadays; we have progressed so far towards scientific swimming that even the most favored by nature will never reach the championship class unless through form. The temptation is great to start racing as soon as speed appears, and one's first prizes look very enticing, but a little self denial and early application will amply repay in the long run.

HOW TO TRAIN FOR A RACE.

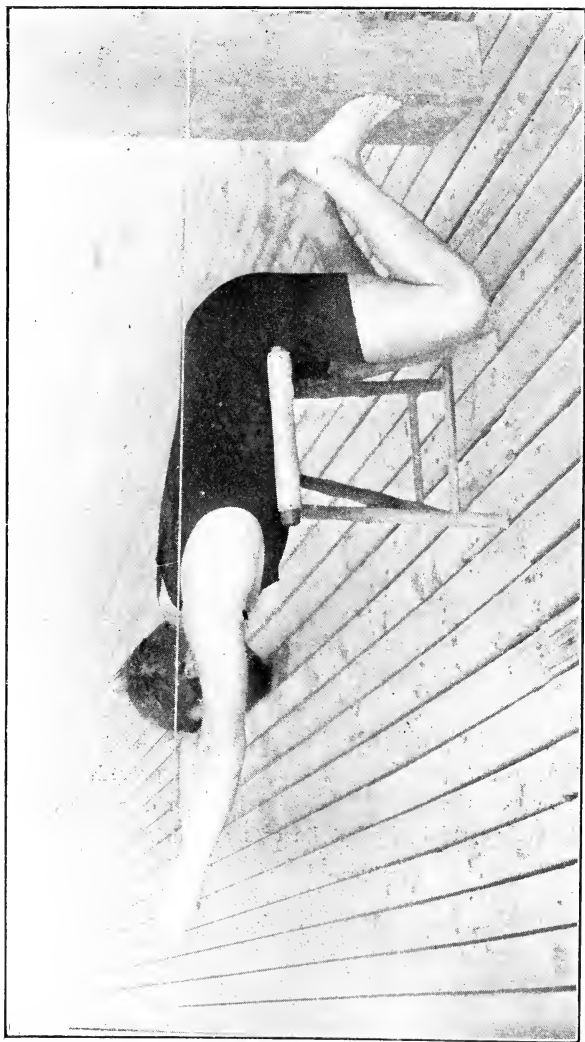
It is probable that no two men train alike for a swimming race and it is quite certain that most of them should not train



SECOND POSITION IN TURNING.

alike. With the exception of a few generalities no rockbound rules can be set down; each must learn by experience what is best for him. Some men will only round into form after going through work that would send others stale in jig time; and again some thrive on food that would be quite unfit for others. It is a matter of idiosyncrasies.

In regard to food I believe that a mixed diet, with meat in moderation and plenty of fresh vegetables and ripe fruit, can be recommended to everyone. Prominent dietiticians of the day have come to the conclusion that meat is not necessary to the training athlete, and it has been my experience that fat producing foods are best for the swimmer. Meat is said to give strength while keeping down weight, but an aquatic competitor does not want to be down fine, he will do much better work if a few pounds above normal. The extra *avoirdupois* adds to the buoyancy, makes impervious to cold, and gives that reserve energy that is so often the deciding factor in a closely contested race. Eat heartily, therefore, and only avoid those notably indigestible foods such as pastry, pork, veal, lobsters, etc.; though indeed, in the early part of training even these may be taken in moderation with impunity, if thoroughly masticated. This eating slowly and chewing the food properly is the great secret of a healthy digestion. During the fortnight preceding competition, however, the swimmer should become discriminating and be extremely careful of what he eats and drinks. Ice water is not conducive to digestion, in fact it retards it materially by lowering the temperature of the stomach. Take of it sparingly throughout your training, and drink in preference cocoa, milk, water at an even temperature; or, ale, beer and claret in small quantities. Between meals good filtered, or spring water, is most



THIRD POSITION IN TURNING.

beneficial. Coffee, tea, intoxicants, stimulants, and drugs of all kinds had best be left alone altogether in training, and tobacco should not be used under any consideration.

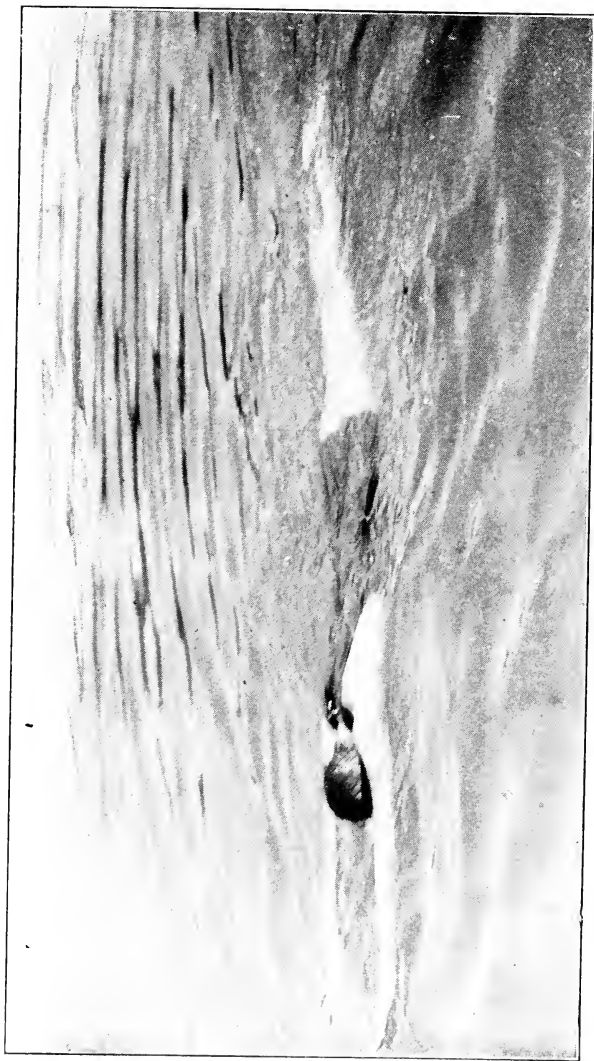
One more very important point and I pass to the work to be done. Don't cut your sleep. Sleep is nature's great panacea for all ills, its own means of replenishing the exhausted storage batteries of strength and energy. If we want to be in good condition we must give her sufficient time to do her good work. Plenty of sleep is an absolute necessity to the training athlete; he should have at least eight hours a night. Staying up late is also bad for you, even if you get your eight hours; the hours before midnight are the most beneficial and your curfew should not ring later than 10.30.

In regard to work, much depends on the distance in sight, on the time at one's disposal, and on the constitution of the swimmer. A distance man requires more time than a sprinter, a strong constitution allows more work than a weak one and, of course, if you have one or three months to train in makes all the difference in the division of your training. In no case, however, should less than a month be taken.

Experience is really the only efficient teacher; each man must work out his own system, or his coach must do it for him, but for the novice I can advocate one that having proved satisfactory in many instances may be safely recommended. It will serve the purpose until a personal system has been evolved.

Most novices, either through anxiety to enter competition, or through ignorance of what should be, limit their training time to two or three weeks, so that I will not extend it to over a month, but I will advise a longer period whenever it is possible.

The first week should be devoted to improving the general con-



POSITION IN THE PLUNGE FOR DISTANCE.

dition of the body and almost any kind of healthy exercise will do this. It should be borne in mind, though, that to swim, the muscles must be supple so that any work so heavy as to harden them is detrimental to speed. Running, lifting heavy dumbbells, wrestling and like exercises are not advisable. A daily swim, during the first week, is beneficial but not essential. If you swim every day take only short, easy stretches of fifty and one hundred yards, going through the movements slowly, so as to acquire form.

During the second week the land exercises should be cut down to a very few minutes, and the swims lengthened. It is only by perfecting the stroke that one progresses and it cannot be perfected in sprinting; faults are emphasized by fast, exhausting work. To correct them take easy, careful swims, increasing the distance gradually, and always having some one to look over your work and coach you.

Dr. Shell advises swimming only three times a week, while training, and I mention this opinion because he has devoted a deal of time and study to the question, but I must admit that I differ from him, and that I think one day of rest a week is quite sufficient.

The distance to be gone on the first day of the second week is two hundred yards, and it should be increased daily by fifty yards, the last day's swim being a good hard quarter under the watch. Not what is understood as a time trial, but just a quarter at a brisk pace. In fact I believe one's individual laps should be timed all through training, whether one goes fast or slowly. These will tell how even a pace is held and little by little make one a good judge of pace. A few champions I have known grew so accustomed to this timing that they could suspend a stop watch



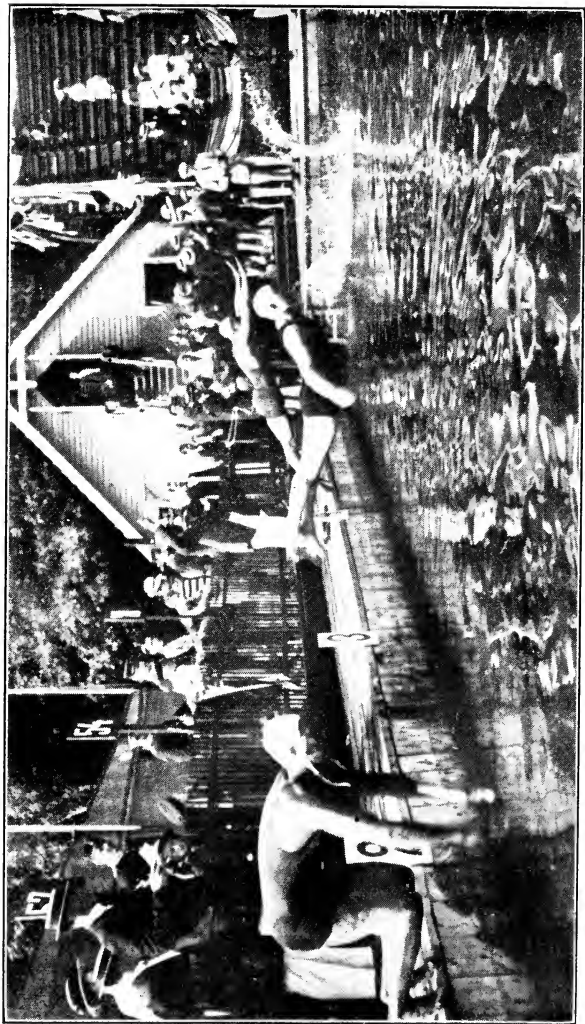
POSITION IN THE HIGH DIVE.

just above the surface of the water and time themselves, so that in a trial they knew just when to increase or slacken their speed. This only comes after much practice, though, for one has to remember the time of every other lap.

On the third week only aquatic work should be indulged in, the swimmer alternating short sprints one day with distances the next. If your race is at the furlong, or under, go about 300 yards on the distance days and sprint 50 and 100 yards on the others. If your race is at the quarter, alternate quarters and sprints; if over, lengthen the stretches gradually, making them 600, 750, and 880, if you are to go the half, and 880, 1,320, and 1,760, if you are going the mile. In going these distances a good steady pace should be held. Not racing speed, because, form must still be aimed at, but fast enough to get one used to hard work and, as said before, under the watch. Never sprint at the end of these long swims—it is injurious. It is bad enough to have to put the terrific strain on the heart in a race. Try to keep an even pace throughout.

On the first day of the last week make a time trial over the entire course, whatever it be, and swim it just as you would a race. On the second day take only an easy stretch of at most 200 yards; on the third, another time trial; on the fourth, a few starts, with a couple of 25 yard sprints, and on the eve of the race absolute rest.

In training for a sprint it will do no harm to go time trials twice a week throughout the period of training. And, of course, if two months of preparation can be indulged in, the system must be modified accordingly. For two months the doubling of the week's work will prove satisfactory, except that the distances may be lengthened more gradually.



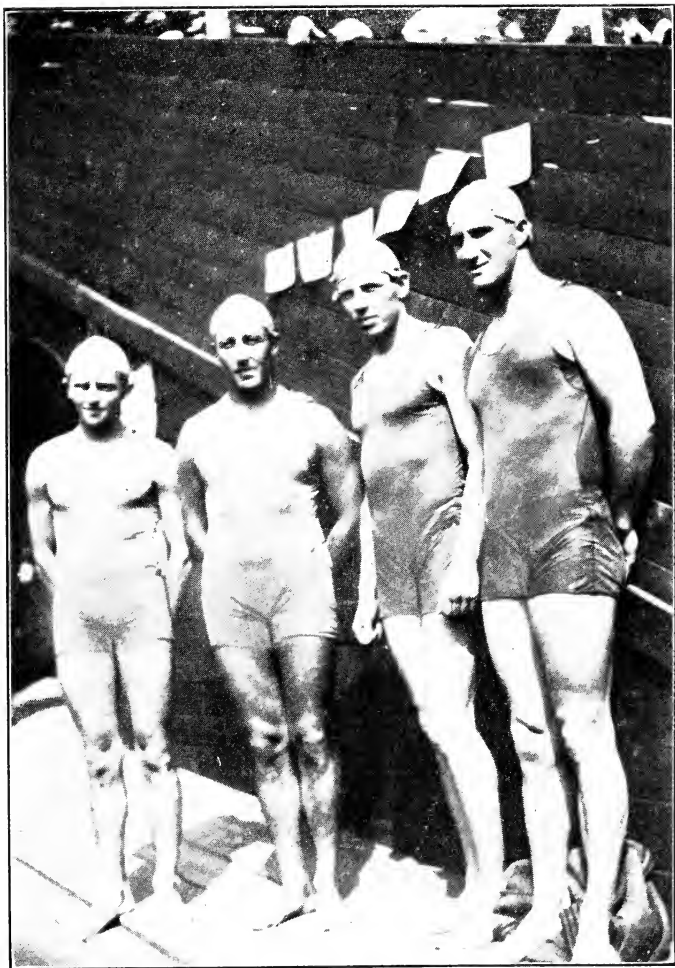
OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

Start of one of the heats in the 100 meter swim.

An important item in indoor racing is the turn. Experts estimate that a good turner gains from one-fifth to four-fifths of a second on a bad one at each turn, so that in a mile race held in a sixty-foot tank the bad turner would be handicapped one minute and ten seconds, or in the neighborhood of one hundred yards.

In learning the turn the first thing to tackle is the approach of the wall; it must be timed so as to reach it with the turning arm stretched out in front. This is done by taking a couple of long strokes, or two or three short ones, as the wall is neared. When the hand touches the wall, which it does just above the waterline, the palm is laid down on it, the fingers pointing in the direction the body is going to circle, and parallel to the surface. The body is now swung around, helped by the under arm, which is stretched alongside, so that the soles of the feet come into contact with the wall, a few inches below the surface. Now the hands are brought rapidly to the hip, palms pointing in front, fingers down, and they give a backward stroke, which brings the body right against the wall, with the hips nearly touching it. Then the arms are put forward, as in starting the trudgeon, the legs are straightened out suddenly with a snap, and the body is allowed to travel on the impetus of the push-off until it slows down, when the arms take a stroke. The legs do not move until the arms are recovering, when they fall into their proper action. It is a great mistake to try to kick before the arms have taken a full stroke. Many swimmers take advantage of the turn to get a deep breath; it is taken as on Page 50, just before the hands take the backward stroke to force the body in position for the push-off.

The starting dive is also an important part of racing, specially in sprinting. A fast, shallow dive should be adopted. Performed



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

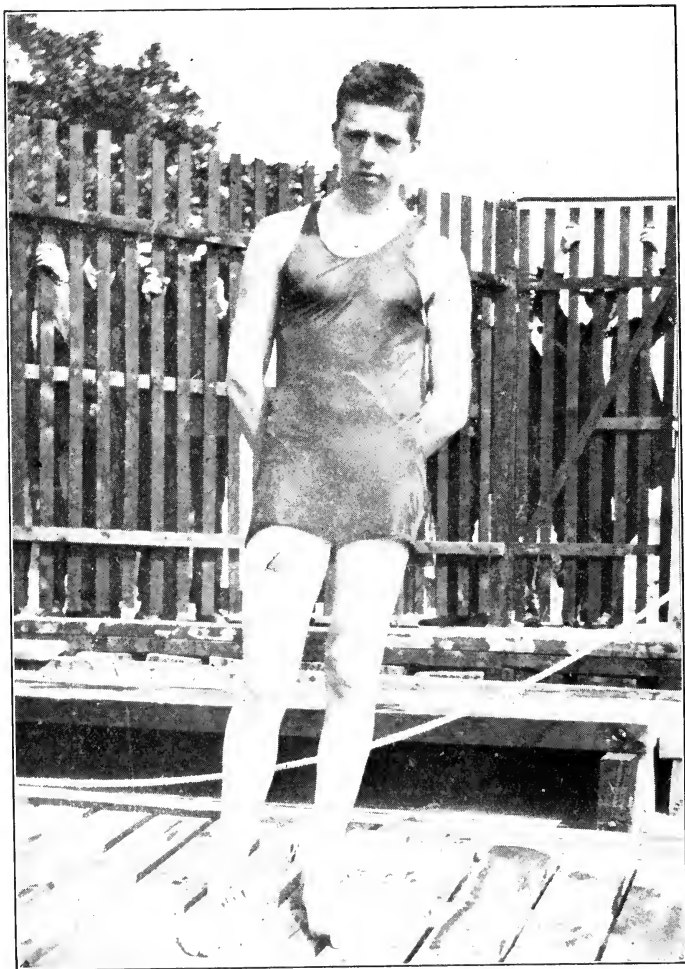
Australasian relay team; winners of 800 meters relay race; 1, Leslie Boardman; 2, Cecil Healy, and 3, H. H. Hardwick, Sydney, N.S.W.; 4, M. Champion, New Zealand.

slowly, this racing dive would be an over-balancing of the body forward, with a mighty spring, aided by arms and legs, as it passes beyond its center of gravity. Stand with body bent forward, or with knees slightly bent. As the signal is given get on tiptoe and swing your arms back, much as in jumping; then swing them forward as the body falls over, bend well on your knees, lower your heels and spring out with head erect, arms extended over your head, palms down. These are the movements dissected, but of course in diving they are gone through so quickly as to make just one rapid spring. Try to strike the water with arms, body and legs in a straight line, at such an angle that you will only sink a few inches. To go deep is to kill your speed. As the hands touch the water, arch the back a little, pointing the hands up, so as to get to the surface at once and then set the arms going, remembering that, like in the turn, the legs must not be moved until the arms have taken a stroke and are recovering.

ve

Coming now to the hygienic details of training, it may be pointed out that too much indulgence in the steam and hot rooms is as injurious a habit as it is prevalent. Three or four minutes of heat, preferably in the steam room, are quite sufficient to open the pores, and more is weakening. As for sitting in the steam room by the half hour, a thing training swimmers often do, it is the death of snap.

Long stays in the water are also conducive to sluggishness, and standing around the pool wet is responsible for a long list of ills. This noted, make it a principle to limit yourself to at most five minutes of steam, then a swim, a good brisk rub as soon as you come out of the water, and if you want to stay in the natatorium after, a warm bath robe and slippers.



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

George Hodgson, Montreal A.A.C.; winner of 400 meters and 1500 meters swims in world's record time.

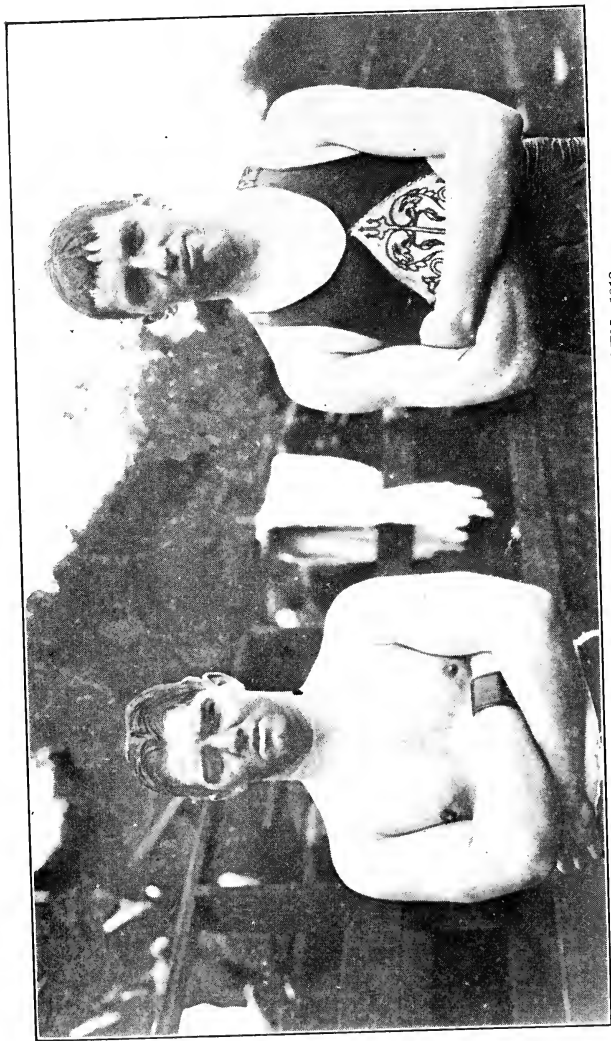
It is a wise move to stuff the ears with cotton on entering the water and to change this wet cotton for dry, on coming out. The dry absorbs all the moisture and prevents ear trouble, so prevalent among careless swimmers.

During the winter the hair should be dried very thoroughly and the body allowed to cool off before leaving the natatorium building. To go into the freezing atmosphere outside, especially with wet hair, from the torrid temperature of the bath is enough to give pneumonia to even the strongest.

On the day of the race, don't make the mistake of changing all your habits, as so many athletes do, thinking it is the proper thing. We are such creatures of habit that the slightest change affects us. Try to follow the lines of your daily life; if you take coffee and steak for breakfast don't change to milk and eggs, though, of course, if your race is at one and you usually eat a hearty meal at twelve, the case changes aspect. Use judgment, and eat very sparingly, unless you have three or four hours to digest in. But, above all, keep your mind busy and don't worry over the issue of the race. Worry saps up more energy than the hardest kind of physical work.

HINTS ABOUT RACING.

If I have been asked once, I have been asked a hundred times by ambitious youngsters whether it is best to sprint at the beginning, in the middle, or at the end of a race. The correct way of racing, in theory, is not to sprint at all, but to find the fastest gait one can hold over the distance to go, and to hold it. Unluckily, we are all such poor judges of pace that it is next to impossible for us to apportion our energy equally over the course so that it will just run out in the last few yards. We



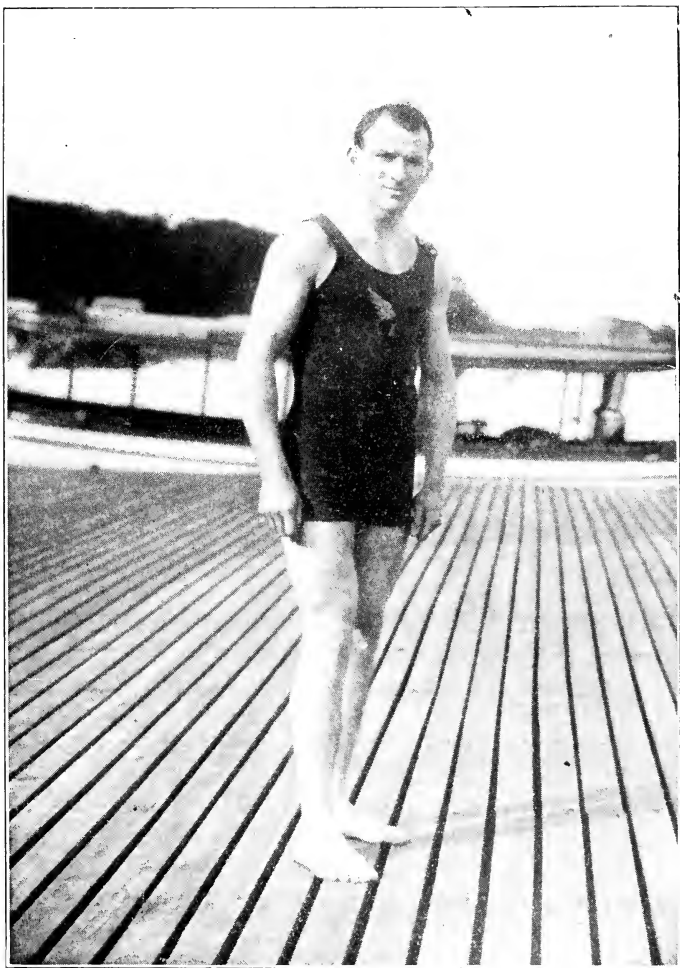
OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.
George R. Hodgson, the Canadian Swimming Champion, on right, and William Longworth, the Australian Swimming Champion, on left.

either kill ourselves by early sprinting or reserve energy for a sensational finish which would have been far better employed sooner.

I consider good judgment in pacing the most valuable asset of the fast swimmer. It is undoubtedly the pace that kills, the pace above the individual's normal one for the distance, and a punishing sprint, whether indulged in at the start or at any other part of a race, is harmful, and detrimental to the best results. Distributed evenly over the entire course the extra strength needed for that sprint would have made the final time better. Fast men are often seen to "lay back," sprint away from an opponent and then slow down, and do all sorts of jockeying. Put down anything you see in this line to play to the galleries and in very bad taste. A man who feels certain of victory should be enough of a sportsman not to try to bring ridicule on his opponent, and the man who is not certain of victory will find it far more profitable to swim his own race without bothering about what his adversaries are doing and by holding a steady gait. To allow oneself to be drawn out by an early sprint, or to lay back, is always folly.

It is rather a common habit to try to steal on the starter, and not a few take pride in being experts at it. It is bad policy even apart from the fact that one should not take unfair advantage of one's opponent. An impartial referee will disqualify anyone guilty of stealing and the swimmer may find it decidedly unpleasant if he loses a prize after having won a hard-fought race, just because he took an unfair advantage that he may not have needed.

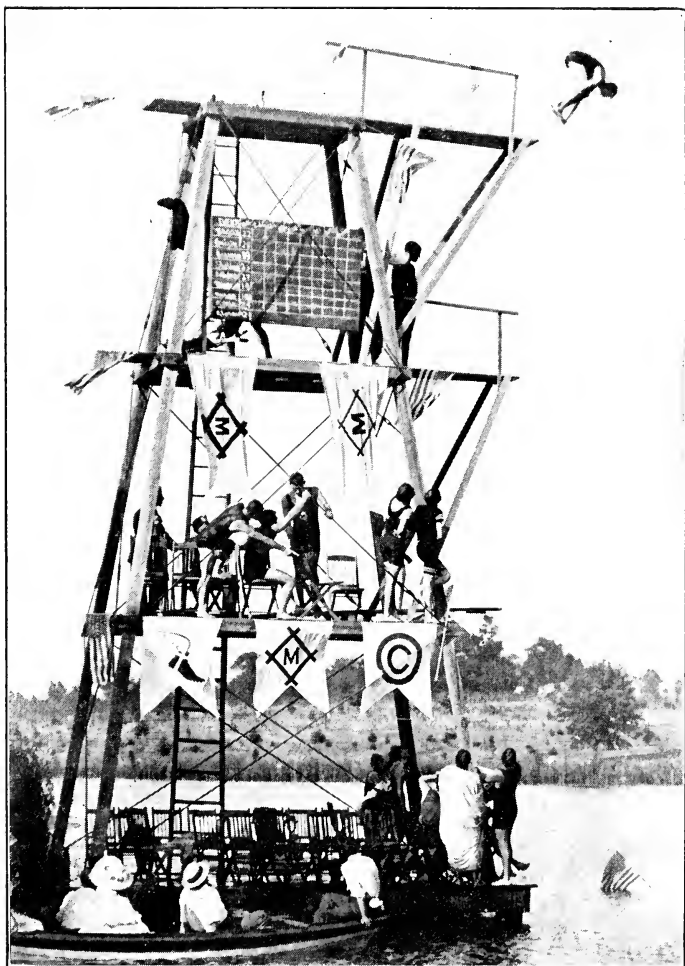
Another bad mistake is to enter into noisy arguments with an official, to challenge the decision of the judges and to use un-



JOSEPH RUDDY,
New York Athletic Club.

parliamentary language. These things are offensive to every one present. Just place yourself in the position of the questioned official and try to think how you would like it if a shouting and gesticulating contestant threw the taunt of unfairness at you, or became profane to you. A quiet, gentlemanly remonstrance will always be listened to, and if fair, probably heeded. But a noisy or abusive one will even turn a wavering judge against the protestant.

When your instincts urge you to a strenuous objection, remember that it is the wise man who keeps on the right side of the officials. Nothing is ever gained by loud and boisterous tactics.



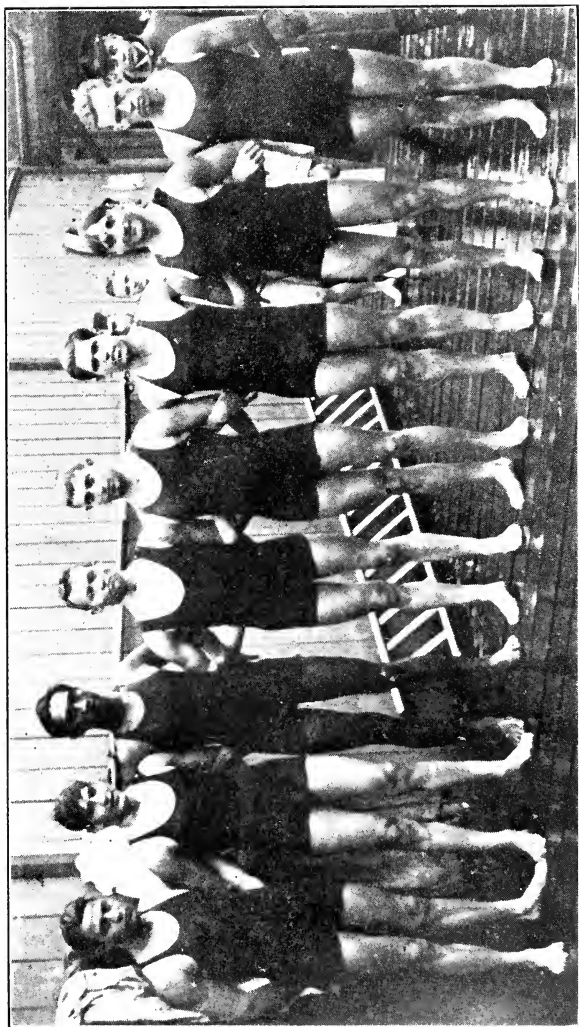
THE DIVING TOWER USED IN 1906 CHAMPIONSHIPS, HELD AT
ST. LOUIS, MO. (DR. SHELDON DIVING).

FLOATING AND DIVING

Floating is a mere question of balance, so that to learn how one must find a position in which the dead weight of the body is distributed evenly, above and below the buoyant center, the lungs. The legs will be found to overbalance the head and shoulders and in most cases the feet sink. This can be obviated by throwing the head back and by extending the arms at full length above the head; the additional leverage generally establishes the balance and brings the feet up. But if it should not prove sufficient the legs may be opened first, and if even this is not enough, brought up bent at the knees. Floating is greatly facilitated by breathing in such a manner that the lungs are kept partially full of air all the time. Try to allow the air to get as low as possible in the lungs, and then, by short breaths, keep it there. Deep breathing and long exhaling should be avoided.

Women float more readily than men, and stout people better than slight ones, but even the slightest can learn. To learn, get into water where you have a footing and placing your arms over your head let yourself drop backwards very slowly, arching the spine, and throwing the head back. Don't breathe until you have settled, as the face generally sinks for a second as you fall and then comes above water again. If you don't float at once try bending the legs as told above.

Floating is not only an enjoyable pastime, it is a most useful accomplishment. Should one tire on a long swim, or be wrecked



AMERICAN AND GERMAN 100 METER RELAY TEAMS IN HAMBURG, GERMANY.

The match race was won by the American team. 1, K. Huszagh, America; 2, W. Kiehn, Germany; 3, Duke P. Kahanamoku, America; 4, C. Bretting, Germany; 5, H. Kunisch, Germany; 6, N. T. Nerich, America; 7, W. Blumer, Germany; 8, P. McGilivray, America.

where it is not possible to make land for hours, floating not only allows a complete rest, but one may keep on top indefinitely by it, even when exhausted, and in case of a cramp it is indispensable.

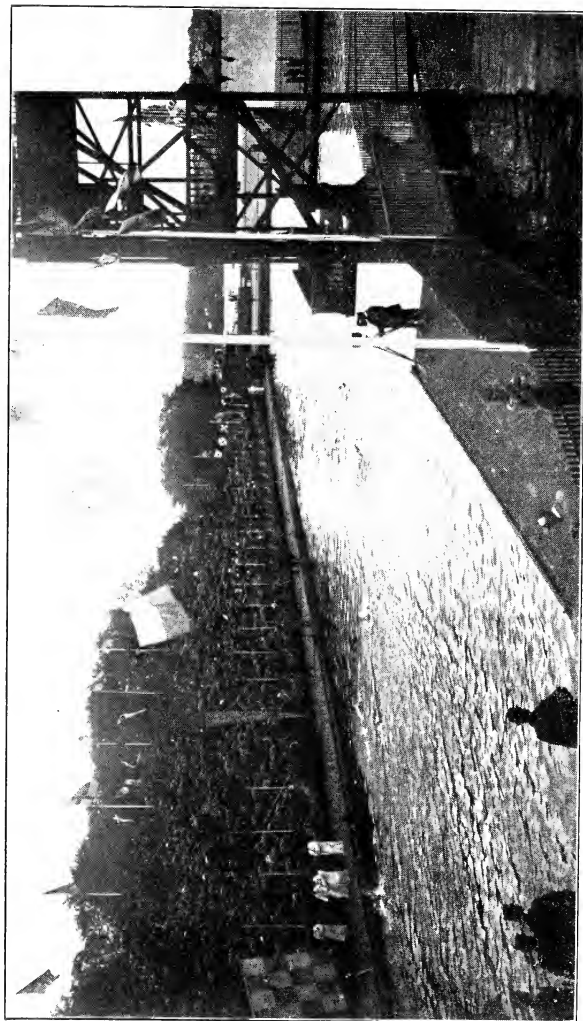
PLUNGE FOR DISTANCE.

Here, too, we find a question of balance, and it is really nothing but floating on one's face, the position being identical. As in floating, it is very important to keep the lower portion of the lungs well filled with air, and as there is no breathing to be done it is not as hard.

Good plungers are stout men, as a rule, with large shoulders and comparatively light legs; but there are exceptions, and even slight men with good lung capacity will be able to hold out the sixty seconds allowed by rules, if their position is good.

There are three points to be considered in plunging; the dive, the position of the body in the water, and the direction; the dive gives speed, the proper position enables one to retain it, and, of course, direction is essential in competition, when to touch the wall is to lose all the following distance.

The dive to be taken in plunging is the shallow dive described as the racing dive. Before starting, the lungs must be cleaned out by two or three long, deep breaths, and then filled well. The dive must be made as speedy as possible and as soon as the body strikes the water all tension of the muscles should be relaxed and an effort should be made to get the air as low in the lungs as one can. In case a divergence from the true course is noticed, the plunger can straighten himself by moving the arms and head very slowly to the opposite side; the movement must be insensible, though, or it will check the progress almost instantaneously.



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.
The Swimming Course.

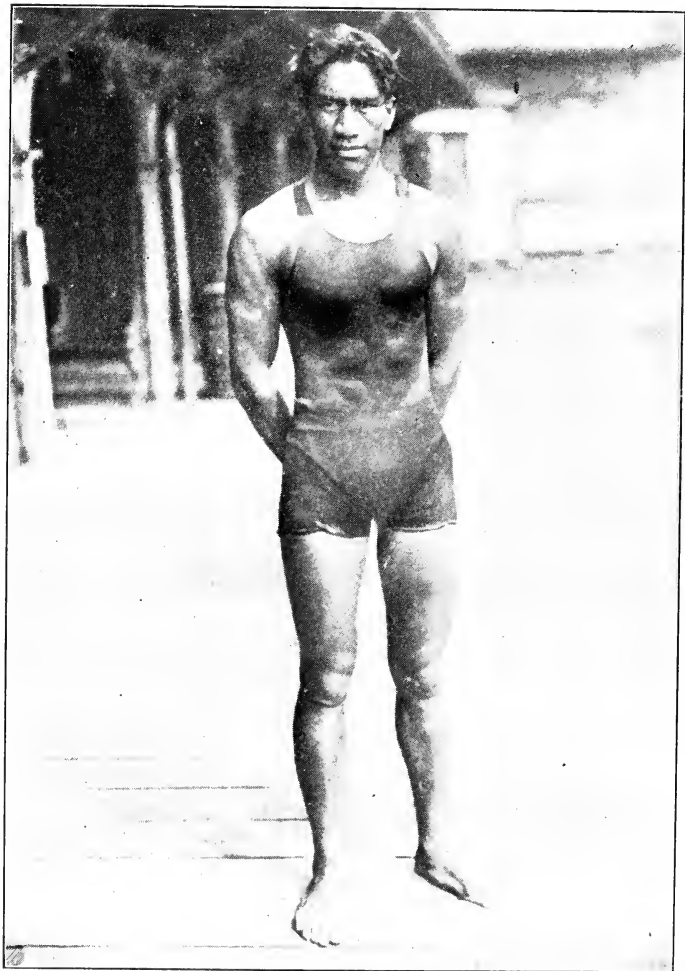
As nine-tenths of those who take up plunging for distance do so with the object of competing, it may be recommended to them to put on as much flesh as possible. The heavier the body the greater its force of inertia and the added pounds also add to one's buoyancy.

DIVING.

The shallow or racing dive, which has been described in connection with competitive swimming, is the most practical and useful of dives. In a race, in plunging, in playing water polo, it gives more speed than other dives and in swimming in unknown waters it is safe to use, as it keeps the body near the surface where the chances of colliding with sunken rocks or obstructions are very slight. There are only two other dives which need be mentioned, the plain front, and the plain back. Once these two are mastered perfectly the others will come readily, for they are merely these dives combined with some acrobatic feat. I will not attempt to touch on fancy diving at all, because it would take volumes to treat the intricate subject adequately.

FRONT DIVE.

In many respects this dive resembles the racing one, only it is slower in action and more deliberate, its beauty resting in the perfect form and composure of the diver. Stand erect with hands at your sides, and slowly allow the body to fall forward without moving the feet; as it passes the balance point swing the arms back and bend the knees. Then swing the arms before you, above the head, spring out (not down, but right out parallel to the water) and, curving the body the least bit downward, enter the water almost at right angles, with every muscle set, and the arms, head, body and legs forming a straight line, even to the



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

Duke P. Kahanamoku, Honolulu, H. I.; winner of 100 meters swim and member of the American relay team which finished second; holder of world's record for 100 meters.

toes which point backward. The angle at which the water is struck varies according to the height of the take-off; the higher the take-off the straighter the dive.

In diving from a height, especially if the water is not very deep, it is prudent to arch the back as soon as one strikes, so as to bring the body to the surface. In competition, however, or when a particularly clean dive wants to be taken, it is best to make it very straight and to keep rigid without a move, until the feet are covered. In curving the back, the shins and feet are made to strike the water, causing a splash that spoils the effect of the dive. Particular attention should be paid to the lower leg, in diving, as it is almost a universal fault to bend it back as the shoulders hit the water.

For the running high dive follow the same rules only, of course, instead of stopping at the take-off, take a good spring into the air, having care to spring out and up, as told above.

BACK DIVE.

In this dive the swimmer turns his back to the water and stands on the edge of the platform, or board, with the ball of his feet resting on it, but the heels in space. The arms are raised slowly above the head, the body curved backwards and allowed to fall over, then as it passes the balance point a good spring is taken and turning a graceful curve the body enters the water almost at right angles.



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

America's Swimming Team, which won second place in the One-Mile Relay Race. Left to right—Kenneth Huszagh, Duke Kahanamoku, Harry Hebner and Perry McGillivray.

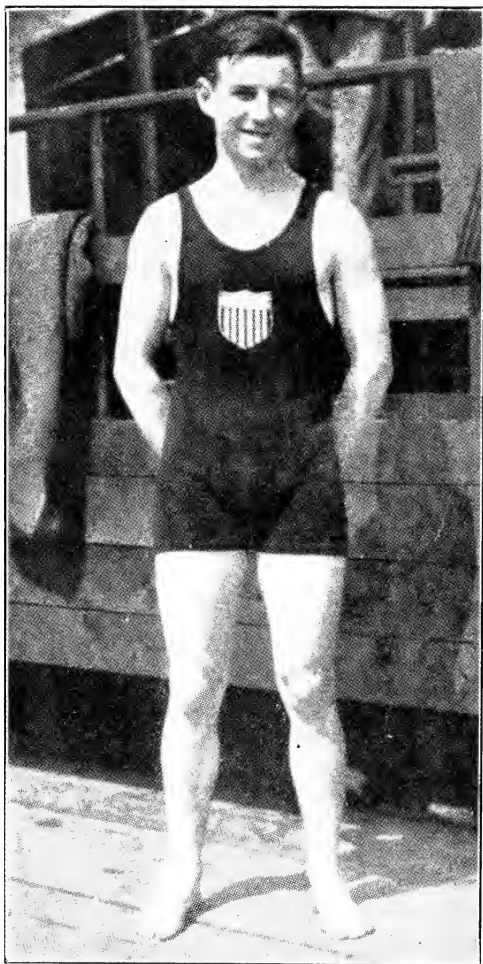
ORNAMENTAL SWIMMING

This generic name includes every aquatic feat that can be performed. Be it easy or difficult, common or uncommon, it comes under the heading of ornamental swimming.

For the man who is at home in the water most of the tricks that can be performed are merely a matter of practice and no one should neglect to learn a dozen or so, and go through them co-ordinately, every now and then, so that if called upon at any time one can roll them off one after the other without interruptions or pauses. They make an interesting exhibiton, always acceptable at a swimming meet, and are a constant source of enjoyment to one's less expert friends. I will confine myself to describing a few of the best known and the pupil can easily pick up the others.

THE ROLLING LOG.

One of the easiest and most effective tricks is the rolling log, which anyone knowing how to float can learn in a few minutes. Take a floating position and locking the thumbs together exert the muscles of the side, without moving hands and legs, until you turn on your side, then apply the other set and complete the circle. At first do it very slowly, for the beauty of the trick lies in showing as little movement as possible. After a little practice you will be able to turn quite rapidly, as a log that is being rolled, though the muscles hardly move.



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.
Arthur McMeenan, Jr., New York Athletic Club diver,
at swimming stadium, Stockholm; youngest member
of the American team.

SWIMMING LIKE A DOG.

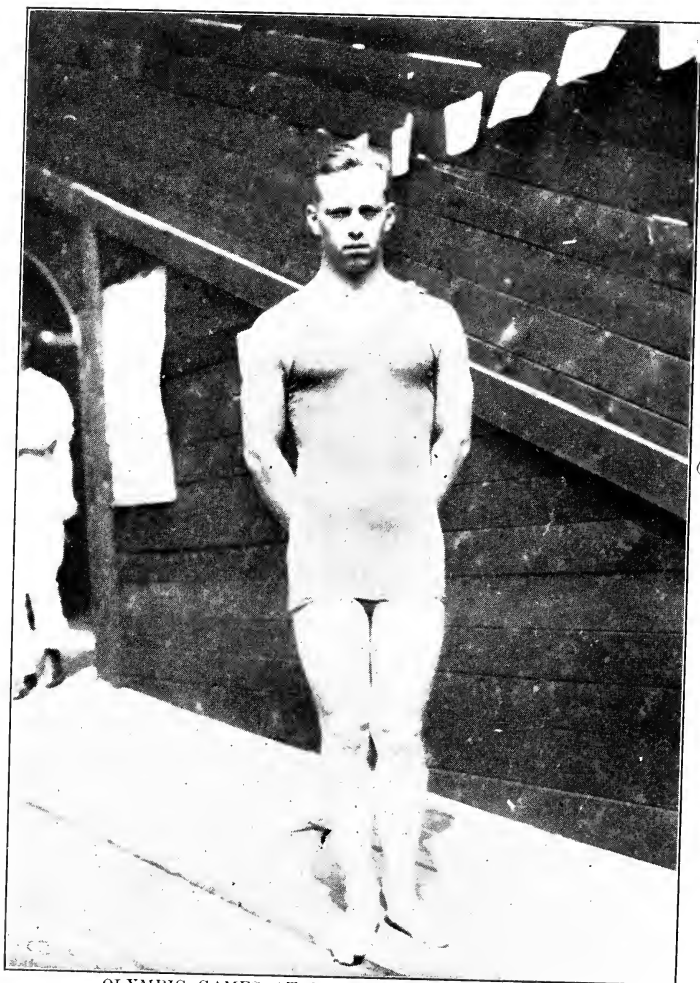
This style of swimming has no value, except for exhibition purposes. The body is held like in the breast stroke, but the action of both arms and legs is separately alternate. The hands go out in front, palms down, until on three-quarter reach, and then come down into the body describing a circle; they move front and back only, and do not go out to the sides, as in the breast stroke. The legs are moved very much as in bicycling. Watch a dog swim and it will be an easy matter to imitate him.

SOMERSAULTS.

If performed cleanly and swiftly, somersaults always please the spectator and they need no study. For the front somersault stand upright, treading water, with arms out to the sides, at right angles to the body, palms down. Bend head forward and taking a hard stroke force the body over, keeping it curved under water until it returns to the surface again.

For the back somersault, assume the same position, then throw back the head, curve the spine, and bend the knees under you; a quick backspring, aided by a good stroke of the hands, will cause the body to circle around as on an axle.

The double somersault, performed by two swimmers together, is a very pretty trick. The men get side by side, one floating, the other as in swimming, the one's head at the other's feet. Then the one on his face submerges himself and placing his head between the floating man's ankles he takes hold of the latter's head in a similar way. They are thus back to back. They now proceed to turn back somersaults and one after the other the heads appear over the surface and then disappear as they go round.



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.
Perry McGillivray, Illinois A.C., Chicago; member of relay team which
finished second; also winner of 100 yards championship of England.

SCULLING.

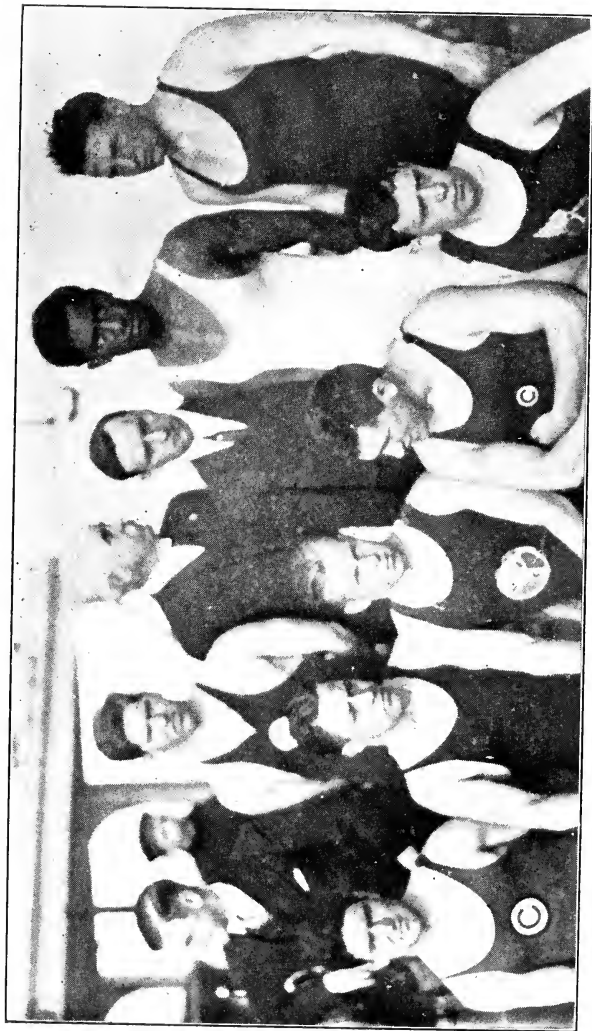
This method of propulsion should be practiced with care, for it is the keynote of several of the neatest feats of ornamental swimming. The body starts in the usual floating position, but with arms down at the sides. Sculling is a circular motion of the hands from the wrist, aided by a slight bending of the elbow. Its action is quite rapid, but I will take the different moves apart, so that the beginner may know how to learn it. The arms are alongside, palms down, hands open, fingers together and wrist straight; then the wrist is bent a little, the hands are twisted up and away from the body, then snapped inward towards the feet, the elbow helping, describing a circular motion much resembling that, of one baling with the hand.

SWIMMING BACKWARD.

There are two ways of doing this, floating and swimming. In either case the arms are at full reach over the head, the position of the body being respectively the same as in floating and plunging. Then the hands begin to scull as told above and the body will be propelled feet foremost. The legs may either move in a slow crawl movement or keep still.

THE TORPEDO.

This is only a modification of floating backward. Having assumed a floating position, the legs are bent at the knees so that the lower legs come well to the surface, then the head is thrown back, the hands give an upward stroke that buries the head and shoulders, and in this position the hands (still above the head) begin to scull. From above, all that can be seen is the feet glid-



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

American swimming team on board S.S. Finland, en route to Stockholm: 1, Arthur McAlenah, Jr., New York Athletic Club; 2, N. T. Nerich, New York Athletic Club; 3, Hon. James E. Sullivan, United States Commissioner to Olympic Games; 4, Otto Wable, New York Athletic Club, adviser to swimming team; 5, Duke P. Kahanamoku, Honolulu, H. I.; 6, H. J. Hohner, Chicago A.A.; 7, G. W. Gaidzik, Chicago A.A.; 8, K. Huszagh, Chicago A.A.; 9, P. McGillivray, Illinois A.C.; 10, M. McDermott, Chicago, Ill.; 11, J. H. Rellly, New York A.C.

ing through the water. As the body has a tendency to rise in this, it is well to give the sculling a slight upward slant; practice will tell just how much.

THE SHIP.

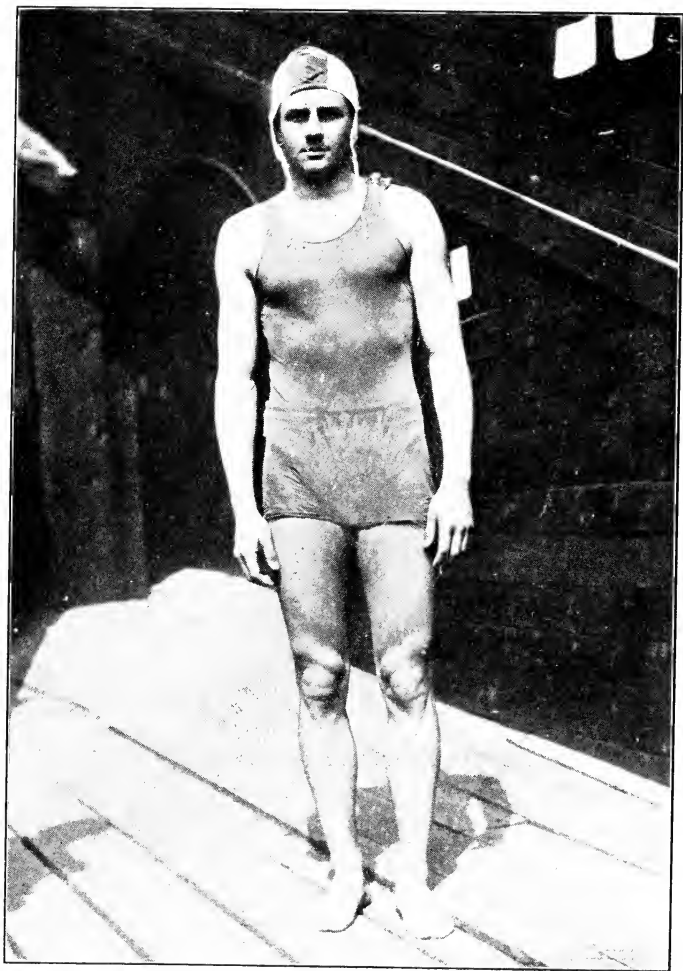
This is another sculling trick, and not so easy. Body is held as in floating, arms alongside. Keeping one leg in the usual position, lift the other straight into the air, so that it sticks out of the water at right angles to the body as a funnel on a steamer. By sculling with a downward slant you will keep afloat and propel yourself in either direction. It is a real feat to do the schooner, lifting both legs up.

THE TOP.

Tread water, then bend up legs until the knees are against your chest. Place arms out at right angles and set yourself spinning by taking strong, fast, alternate strokes. The arms never leave the water, being carried back to starting point palm down, so that they offer no resistance to the water.

MONTE CRISTO.

This is the most sensational of tricks, and can be done by anyone used to underwater work. A large sack is provided; one in which a man fits comfortably. At its neck, where the fastening goes, a hole is made through which two thin pieces of cord are passed. When the swimmer gets into the sack he takes the two loose ends of the cord in his hand and some one closes the mouth, binding it around a couple of times before putting in the knots. After a momentary pause the sack is thrown over-



OLYMPIC GAMES AT STOCKHOLM, SWEDEN, 1912.

H. J. Hebner, Illinois Athletic Club, Chicago; winner of 100 meters, **back** stroke race and member of American team which finished second.

board with a cry. On reaching the water the imprisoned man lets go of the two ends of the cord, which he has been holding, and the mouth of the sack can then be loosened with no trouble. The swimmer makes his exit and comes to the surface. If the water is at all muddy the trick can be made more thrilling by staying under water until want of air compels coming to the surface.

There are a hundred other tricks which can be performed, all of them entertaining, but every book on swimming is full of them and it is an easy matter to work out a good program. The few given herein are merely the fundamental ones from which most of the others can be evolved.

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NEW THINGS IN ATHLETICS

If you want to know what is new and correct for 1914 in Track and Field Athletics, Base Ball, Tennis, Golf or any other pastime, send for a copy of the new

Spalding Spring and Summer Sports Catalogue

It contains pictures and prices of everything needed for athletic sport. Mailed free.



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TRADE-MARK

GUARANTEES
QUALITY

Spalding Two Piece Bathing Suits

All Styles Furnished in Sizes 28 to 46 Inches Chest Measure-
ment. Change Pocket in Trunks of All Spalding Suits.



No.
115

No. 115. Sleeveless, extra quality fashioned worsted, with attractive striping, solid colors and mixtures, on skirt of shirt and bottoms of tights in following colors: Black trimmed Gray, Brown and White stripe; Black trimmed Dark Blue, Light Blue and White stripe; Navy trimmed Maroon, Cardinal and White stripe; Navy trimmed Brown, Cardinal and White stripe. Suit, **\$6.00**

★ *\$64.80 Doz.*



No.
111

No. 111. Quarter sleeve, striped worsted, full fashioned, best quality, in following colors only: Gray trimmed White; Black trimmed Cardinal; Navy trimmed White. . Suit, **\$5.50**

★ *\$59.40 Doz.*

No. 110. Sleeveless, worsted, full fashioned, best quality. Plain colors only: Navy, Black or Gray.

Suit, **\$5.00** ★ *\$51.00 Doz.*

No. 614. Sleeveless, fine quality worsted, striping on shirt and pants in following colors only: Black with Cardinal and White striping; Navy with Gray and White striping; Gray with Navy and Cardinal striping; Dark Green with Red and White striping. Suit, **\$3.50** ★ *\$37.80 Doz.*

No.
614



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Spalding Two Piece Bathing Suits

All Styles Furnished in Sizes 28 to 46 Inches Chest Measurement. Change Pocket in Trunks of All Spalding Suits.

No. 100PC. Pacific Coast style; that is, one piece, but with skirt which cannot be tucked inside of tights. Sleeveless, striped worsted, full fashioned, best quality. In following colors only: Gray trimmed Navy; Navy trimmed Cardinal; Navy trimmed White; Maroon trimmed Black. Suit, **\$3.50** ★ *\$37.80 Doz.*

No. 600F. Consisting of sleeveless, fine quality worsted shirt with stripe around chest; Navy and White, Navy and Red, and Gray and Cardinal; good quality Gray or Navy flannel knee pants, and special white canvas bathing belt with metal buckle. Suit, **\$3.50** ★ *\$37.80 Doz.*



No. 100PC

No. 109. Sleeveless, fine quality worsted, solid colors only, either Black, Navy Blue or Gray. Suit, **\$3.50** ★ *\$37.80 Doz.*



No. 600F

No. 195. Sleeveless, fancy worsted, with attractive striping on shirt and pants in following colors; Gray trimmed White; Navy trimmed White; Black trimmed White; Gray trimmed Navy. . . . Suit, **\$3.50** ★ *\$37.80 Doz.*

No. 601. Quarter sleeve, fine quality cut worsted in plain Navy, Black and Maroon. Suit, **\$3.00** ★ *\$32.40 Doz.*

No. 600. Sleeveless, fine quality cut worsted, furnished in plain colors only: Navy, Black or Gray.

Suit, **\$2.50** ★ *\$27.00 Doz.*



No. 195

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Spalding Two Piece Bathing Suits

All Styles Furnished in Sizes 28 to
46 inches Chest Measurement.

Change Pocket in Trunks of all
Spalding Suits.

No. 600PC. This suit is
made in what is known
as the Pacific Coast style,
all in one piece, but with
skirt which cannot be
tucked inside of tights.
Sleeveless, fine quality
cut worsted in plain colors
only, either Navy, Black,
Gray or Maroon.

Suit, \$2.50 ★ *\$27.00 Doz.*

No. 28. Quarter sleeve,
cotton, fashioned, mer-
cerized silk trimming, in
following colors only:
Navy trimmed Red; Navy
trimmed White.

Suit, \$1.50 ★ *\$16.20 Doz.*

No. 608. Sleeveless, finest
quality cotton, trimmed
pants and shirt. Colors:
Navy and Red or Navy
and White only.

Suit, \$1.25 ★ *\$13.50 Doz.*

No. 606. Sleeveless, cotton,
in Navy Blue, with either
Red or White trimmings
on shirt; plain pants.

Suit, \$1.00 ★ *\$10.80 Doz.*

No. 605. Sleeveless, cotton,
Navy Blue.

Suit, 75c. ★ *\$8.10 Doz.*

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opposite items marked with ★
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No. 28



No.
608



No.
606

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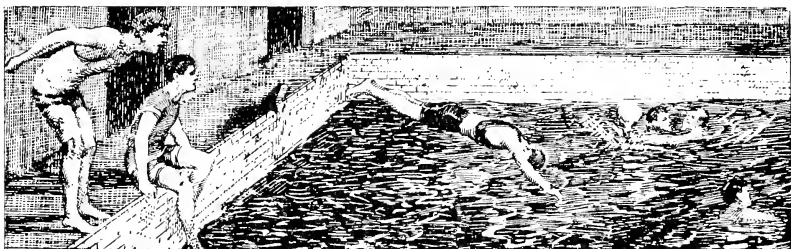
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Shirt of
No. 3R Suit



Trunks of No. 3R Suit, making a tight fitting, neat combination. White canvas belt, with adjustable buckle, forms part of trunks, no drawing tape to knot or break. Pocket for change, etc., inside of trunks. Furnished in regular length and extra long. Suit, \$5.00

Spalding One-Piece Bathing Suits

- No. 743. Men's sizes, 32 to 44 inch chest; fancy stripes; button in front. Suit, 75c. ★ \$3.10 Doz.
No. 521B. Boys' sizes, 24 to 32 inch chest; fancy stripes; button in front. Suit, 50c. ★ \$3.40 Doz.
No. 50. Sleeveless, cotton. Solid Navy Blue. Button at shoulders. Suit, 75c. ★ \$3.40 Doz.

Bathing and Swimming Caps

- No. S. Good BSC. quality pure gum rubber, large size; furnished in Black, Tan, Red. 50c.
No. DSC. White duck skull cap, tape bound; ventilated. Each, 25c.



No. WPC

Waterproof Canvas Bag

- No. 1. Made of canvas, lined with rubber, and thoroughly waterproof. Each, \$1.00



No. 1

Spalding Water Polo Balls

- No. LC. Special leather cover water polo ball. This style is used in games under official rules. Each, \$6.00
No. 1. White rubber fabric. Inflated, with key. Regulation size. Each, \$2.00

Official Water Polo Goal Nets

- Made in accordance with official rules. Pair, \$10.00

Water Polo Guide

- No. 129. Directions for playing; official rules. 10c.

Expert Racing and Swimming Suits

- No. 2S. Men's. Good quality silk one-piece suit. Navy Blue or Black. Buttons over shoulders.

Suit, \$3.50 ★ \$37.80 Doz.

- No. 2SL. Women's. Otherwise same as No. 2S. Suit, \$3.50 ★ \$37.80 Doz.

- No. 4R. Fine quality worsted. Made in plain Navy Blue or plain Black. Buttons over shoulders.

Suit, \$3.00 ★ \$32.40 Doz.

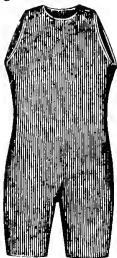
- No. 2R. Mercerized cotton. Plain Black or plain Navy Blue. Silky finish, and sheds water readily. Buttons over shoulders. Suit, \$2.00 ★ \$21.60 Doz.

- No. 1R. Men's. Cotton. Plain Black or plain Navy Blue. Light in weight, snug fitting. Buttons over shoulders.

Suit, \$1.00 ★ \$10.80 Doz.

- No. 1RL. Women's. Otherwise same as No. 1R.

Suit, \$1.00 ★ \$10.80 Doz.



No. 2S

Spalding

Worsteds Bathing Trunks

- No. 1. Worsteds, full fashioned, best quality, in Navy, Black, and Maroon. Pair, \$2.00 ★ \$21.60 Doz.
No. 2. Cut worsteds, in Navy, and Black. Pair, \$1.00 ★ \$10.80 Doz.

Cotton Bathing Trunks

- No. 601. Navy Blue; Red or White stripes. Pair, 50c. ★ \$5.40 Doz.
No. 602. Solid Navy Blue. 35c. ★ 3.78 "
No. 603. Fancy stripes. 25c. ★ 2.70 "

Flannel Bathing Knee Pants

- No. F. Good quality Gray or Navy flannel knee pants; fly front; belt loops. Loose fitting and just the thing for those who dislike bathing tights. Pair, \$2.00

Canvas Bathing Belt

- No. C. Made of white canvas, with metal buckle. Each, 50c.

Spalding Bathing Slippers

- No. 13. White canvas. With soles to give protection to the feet. Any size. Pair, 50c.



No. C Ayvad's Water Wings

- No. 1. Plain white. Each, 25c.
No. 2. Variegated colors. 35c.

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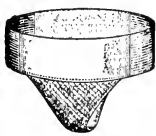
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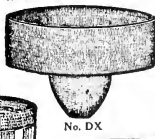
No. 2



No. A



No. 1



No. DX



Pat. Nov. 30, '87,
No. 5



No. B6



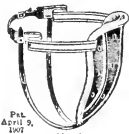
No. 70



No. 2



No. 5



No. 3



No. 4

The "Mike Murphy" Athletic Supporter

Patent Applied For.

No. M. Invented by the famous athletic trainer, Michael C. Murphy, of the University of Pennsylvania. Elastic waistband and mesh front, with elastic sides. The latest and best thing in an athletic support. Furnished in three sizes: Small, to fit waist 22 to 28 inches; Medium, 30 to 38 inches; Large, 40 to 48 inches. . . . Each, 75c.

Spalding Supporters

No. 2. Best Canton flannel, elastic pieces on side. Each, 50c. ★ \$5.40 Doz.
No. 3. Like No. 2, but open mesh lower portion. Each, 50c. ★ \$5.40 Doz.
No. 1. Best Canton flannel. . . . 25c. ★ 2.70 "
No. X. Similar to No. 1. . . . 20c. ★ 2.16 "
No. A. Swimming Supporter. For water polo, bathing and swimming. Buttons at side. . . . Each, 50c.

The "Spalding" Style Suspensories

No. 70. Non-elastic bands, knitted sack. . . Each, \$.25
No. 71. Elastic buttock bands, knitted sack.35
No. 72. Elastic bands, knitted sack.50
No. 73½. Elastic bands, silk sack.75
No. 76. Silk bands, finest silk sack.1.25

"Old Point Comfort" Style Suspensory

No. 2. Lisle thread sack. Each, \$.75
No. 3. Fine silk sack, satin trimmings.1.00
No. 4. Silk bands, satin trimmings, finest silk sack. . . 1.25

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Spalding All Elastic Supporter (Black)

No. DX. Made of good quality black covered elastic. Waistband six inches wide. Small, medium and large. Ea., \$1.25

Bike Jockey Strap Suspensory

No. 5. For athletes, base ball, foot ball, tennis players, etc. All elastic; no buckles. Three sizes: Small, to fit waist 22 to 28 inches. Medium, 30 to 38 inches. Large, 40 to 48 inches. . . . Each, 75c. ★ \$6.00 Doz.

Elastic Supporter (Bike Style)

No. O. Similar to No. 5, but with mesh non-elastic front. Each, 50c.

Special Combination Suspensory (All Elastic)

No. B6. Made of same material as in the regular Bike Suspensory, but with waistband eight inches wide, providing additional support needed during rigid training and athletic contests. Sizes: Small, 22 to 28 inches; Medium, 30 to 38 inches; Large, 40 to 48 inches. Each, \$1.50

Spalding Leather Abdomen Protector

No. S. Heavy sole leather, well padded with quilted lining and non-elastic bands, with buckles at side and elastic at back. For boxing, hockey, foot ball, etc. No other supporter necessary with this style. . . Each, \$3.00

Spalding Aluminum Abdomen Protector

No. 3. Aluminum edges, well padded with rubber. Elastic cross bands and belt. Each, \$3.50

Spalding Wire Abdomen Protector

No. 4. Heavy wire, well padded with wool skin and chamois. Leather belt, straps for fastening. Used with any of our regular supporters or suspensories. Each, \$2.00

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Spalding Championship Hammers

WITH BALL BEARING SWIVEL—Patented May 15, 1900

Used by the World's Record Holder, Matt McGrath. The Spalding Championship Hammer has been used exclusively by all the leading hammer throwers, including the record holders, for years past. The benefits of the ball bearing construction will be quickly appreciated by all hammer throwers. Special quality steel wire handle, with double triangle handpieces. Guaranteed absolutely correct in weight. Lead ball.

No. 12F. 12-lb., without sole leather case. Ea., \$4.50 No. 16F. 16-lb., without sole leather case. Ea., \$5.00
No. L. Leather case, to hold either 12 or 16 lb. hammer. Each, \$2.00

EXTRA WIRE HANDLES

No. MG. For championship hammers. Same as used by Matt McGrath. Each, \$2.00

Spalding Regulation Hammer, with Wire Handle IRON—Guaranteed Correct in Weight
No. 12H. 12-lb., iron, practice. . . Each, \$3.50 No. 16H. 16-lb., iron, regulation. Each, \$3.75

EXTRA WIRE HANDLES—For Regulation Hammers

No. FH. Improved design, large grip, heavy wire. Each, 75c.

Spalding Rubber Covered Indoor Shot

Patented December 19, 1905

Made on scientific principles; perfectly round, gives a fine grip, and has the proper resiliency when it comes in contact with floor, will wear longer than the ordinary leather covered; no possibility that the lead dust will sift out; always full weight.

No. P. 16-lb. Each, \$12.00 | No. Q. 12-lb. Each, \$10.00

Spalding Indoor Shot

With improved leather cover. Ourspecial method of construction prevents loss of weight, even when used constantly.

No. 3. 12-lb. Each, \$6.50
No. 4. 16-lb. " 7.50

Spalding Regulation 56-lb. Weight

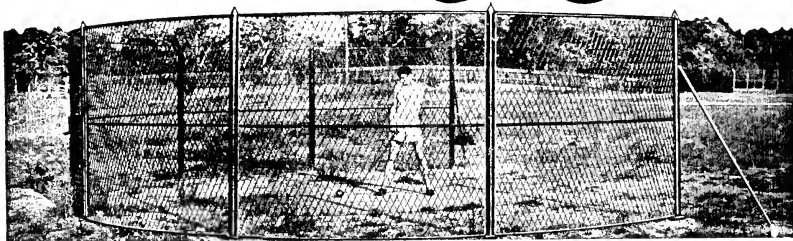
Used and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. 2. Lead 56-lb. weight. Complete. . . \$12.00

Regulation Shot—Lead and Iron

Guaranteed Correct in Weight

No. 16LS. 16-lb., lead. \$3.50	No. 12IS. 12-lb., iron. \$1.50
No. 12LS. 12-lb., lead. 3.00	No. 24LS. 24-lb., lead. 6.00
No. 16IS. 16-lb., iron. 1.75	No. 24IS. 24-lb., iron. 5.00



Hammer Throw Cage

To protect judges and spectators from any accident that might be liable to occur in the throwing of the hammer. One-third of circumference of cage is left open in direction in which hammer is thrown. Cage is made of 1/4-inch crimped wire, in sections 8 feet long by 7 feet high, supported by heavy iron posts set four feet into the ground in concrete bases. Complete (shipping weight 1000 lbs.), packed for shipment f o b. Boston. Each, \$200.00

Spalding Juvenile Athletic Shot and Hammers

Made according to official regulations. Weights guaranteed accurate; records made with these implements will be recognized.

JUVENILE HAMMER—No. 8IH. 8-lb., Iron Juvenile Hammer. Each, \$2.50

JUVENILE SHOT

No. 26. 8-lb., Leather Covered Shot, for indoor, schoolyard and playground use.	Each, \$5.00
No. 5. 5-lb., Leather Covered Shot, for indoor, schoolyard and playground use.	" 4.00
No. 8IS. 8-lb., Solid Iron Shot, not covered. Each, \$1.25 No. 5IS. 5-lb., Solid Iron Shot, not covered.	" 1.00

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Spalding Vaulting Poles

SPECIAL NOTE—It is our endeavor always to supply Athletic Equipment of the very highest quality, and which is at the same time made of the most satisfactory material and in the best possible manner for the purpose intended.

We have discontinued making Spruce Vaulting Poles because we find ourselves unable to recommend their use owing to danger of breakage and possibility of serious injury to user. Bamboo poles we do recommend, having proven to our satisfaction that they are superior for vaulting to poles made of any wood we know of, and, furthermore, if they do break while in use, the danger of personal injury is very remote.

Spalding Bamboo Vaulting Poles

INDOOR AND OUTDOOR STYLES

Owing to differences in climatic conditions it is impossible to keep Bamboo Vaulting Poles from cracking. These cracks or season checks do not appreciably detract from the merits of the poles, except where they are continuous. Much of the real strength of the pole is in the joints. All of our tests would seem to prove that poles with season checks may be accepted as safe and durable, except where the season check is wide open and extends through several sections on one side. Very frequently such splits or season checks can be entirely closed by placing the pole in a damp place for a day or so.



INDOOR BAMBOO VAULTING POLES

Tape wound at short intervals. Thoroughly tested before leaving our factory. Fitted with special spike.

No. 10BV, 10 ft. Ea., \$4.00 | No. 14BV, 14 ft. Ea., \$6.00
No. 12BV, 12 ft. " 5.00 | No. 16BV, 16 ft. " 6.00



OUTDOOR BAMBOO VAULTING POLES

Tape wound at short intervals. Thoroughly tested before leaving factory. Rounded end wound with copper wire and soldered.

No. 100BV, 10 ft. Ea., \$4.00 | No. 104BV, 14 ft. Ea., \$6.00
No. 102BV, 12 ft. Ea., 5.00 | No. 106BV, 16 ft. Ea., 6.00

Indoor Pole Vaulting Board

No. 117. Made up of sectional blocks of wood placed on end so that the spike of the vaulting pole will not split them. Bound in by heavy wood frame.

Complete, \$16.00



Spalding Vaulting Standards

Substantially built and measurements are clearly and correctly marked.

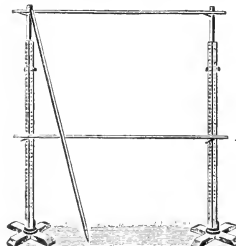
No. 109. Graduated in half inches, adjustable to 13 feet.

Complete, \$15.00

No. 111. Inch graduations, 7 feet high.

Complete, \$9.00

No. 112. Cross Bars, Hickory. Doz., \$3.00



Spalding Olympic Discus

Since Discus Throwing was revived at the Olympic Games, at Athens, 1896, the Spalding Discus has been recognized as the official Discus, and is used in all competitions because it conforms exactly to the official rules. Exactly the same as used at Athens, 1906, London, 1908, and Stockholm, 1912. Price, \$5.00



Spalding Youths' Discus

Officially adopted by the Public Schools Athletic League

To satisfy the demand for a Discus that will be suitable for the use of the more youthful athletes, we have put out a special Discus, smaller in size and lighter in weight than the regular Official size. The Youths' Discus is made in accordance with official specifications. Price, \$4.00

Spalding Official Javelins



To be thrown—not for vaulting. Vaulting Poles listed above.

No. 53. Swedish model, correct in length, weight, etc., and of proper balance. Steel shod. Each, \$5.00

Competitors' Numbers

Printed on Heavy Manila Paper or Strong Linen



	Manila.	Linen.
	Set	Set
No. 1. 1 to 50. . .	\$.25	\$1.50
No. 2. 1 to 75. . .	.38	2.25
No. 3. 1 to 100. . .	.50	3.00
No. 4. 1 to 150. . .	.75	4.50
No. 5. 1 to 200. . .	1.00	6.00
No. 6. 1 to 250. . .	1.25	7.50

For larger meets we supply Competitors' Numbers, on Manila paper only, in sets as follows:

No. 7. 1 to 300. . .	Set, \$1.50	No. 16. 1 to 1200. . .	Set, \$6.00
No. 8. 1 to 400. . .	" 2.00	No. 17. 1 to 1300. . .	" 6.50
No. 9. 1 to 500. . .	" 2.50	No. 18. 1 to 1400. . .	" 7.00
No. 10. 1 to 600. . .	" 3.00	No. 19. 1 to 1500. . .	" 7.50
No. 11. 1 to 700. . .	" 3.50	No. 20. 1 to 1600. . .	" 8.00
No. 12. 1 to 800. . .	" 4.00	No. 21. 1 to 1700. . .	" 8.50
No. 13. 1 to 900. . .	" 4.50	No. 22. 1 to 1800. . .	" 9.00
No. 14. 1 to 1000. . .	" 5.00	No. 23. 1 to 1900. . .	" 9.50
No. 15. 1 to 1100. . .	" 5.50	No. 24. 1 to 2000. . .	" 10.00

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SPALDING OLYMPIC CHAMPIONSHIP SHOES

All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles. They are the same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and they are worn in competition by all prominent athletes in this country.

Spalding "Monitor" Sprint Running Shoes

Patent applied for.

No. 3-0

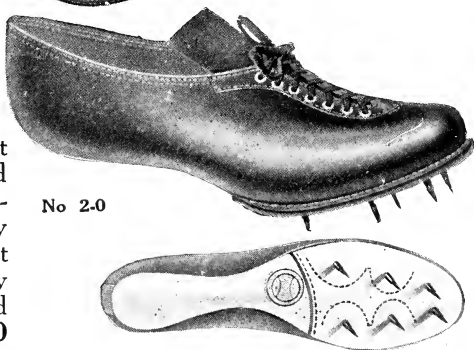


No. 3-0. Lightest running shoe made. Hand made spikes. Especially for 100 and 220 yards races. Strictly bench made throughout. . . Pair, \$6.00

Spalding "Olympic Championship" Short Distance Running Shoes

No. 2-0. Extremely light and glove fitting. Hand made steel spikes firmly riveted on. Worn by all champions for short distances, especially 440 and 880 yards and 1 mile races. Pr., \$6.00

No 2-0



The uppers and soles of all Running and Jumping Shoes should be kept soft and pliable by using SPALDING "DRI-FOOT" PREPARATION. It prevents deterioration of the leather due to perspiration. Can, 15 cents.

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SPALDING OLYMPIC CHAMPIONSHIP SHOES



No. 14C



All of these shoes are hand made. Finest kangaroo leather uppers and best white oak leather soles. They are the same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and they are worn in competition by all prominent athletes in this country.

Spalding "Olympic Championship" Long Distance Running Shoes

No. 14C. For long distance races on athletic tracks. Low, broad heels, flexible shanks. Hand made steel spikes in soles. No spikes in heels. Pair, \$5.00

Spalding "Olympic Championship" Jumping Shoes

No. 14H. Specially stiffened soles. Hand made steel spikes placed as suggested by champion jumpers. Also correct shoes for shot putting, weight and hammer throwing. . . Pair, \$6.00



No. 14H



The uppers and soles of all Running and Jumping Shoes should be kept soft and pliable by using SPALDING "DRI-FOOT" PREPARATION. It prevents deterioration of the leather due to perspiration. Can, 15 cents.

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A. G. SPALDING & BROS.
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SUBSTITUTE

THE SPALDING



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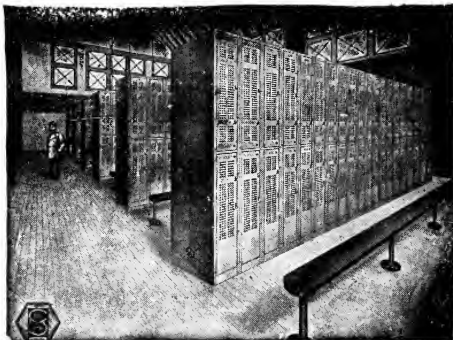
GUARANTEES
QUALITY

Durand-Steel Lockers

Wooden lockers are objectionable, because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire.

Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust, and the lockers themselves present a poor appearance, resembling animal cages.

Durand-Steel Lockers are made of finest grade furniture steel and are finished with gloss black, furnace-baked japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.



Some of the 6,000 Durand-Steel Lockers installed in the Public Gymnasium of Chicago. 12'x 15'x 42", Double Tier.

Durand-Steel Lockers are usually built with doors perforated full length in panel design with sides and backs solid. This prevents clothes in one locker from coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but, if the purchaser prefers, we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and in addition, are fire-proof.

THE FOLLOWING STANDARD SIZES ARE
THOSE MOST COMMONLY USED:

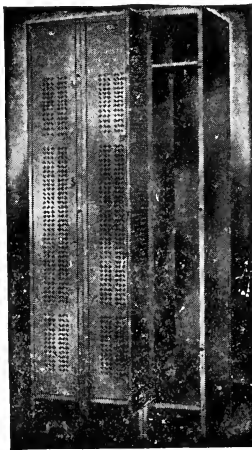
DOUBLE TIER	SINGLE TIER
12 x 12 x 36 Inch	12 x 12 x 60 Inch
15 x 15 x 36 Inch	15 x 15 x 60 Inch
12 x 12 x 42 Inch	12 x 12 x 72 Inch
15 x 15 x 42 Inch	15 x 15 x 72 Inch

SPECIAL SIZES MADE TO ORDER.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size and arrangement, we shall be glad to take up, through correspondence, the matter of prices.



Two Lockers in Double Tier



Three Lockers in Single Tier

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THE SPALDING



SPALDING NEW ATHLETIC GOODS CATALOGUE

SEE LIST OF SPALDING STORE ADDRESSES ON INSIDE FRONT COVER OF THIS BOOK

Wands, Calisthenic
Watches, Stop
Water Wings
Weights, 56-lb.
Whistles, Referee
Wrestling Equipment
Wrist Machines

FOR COMPLETE LIST OF STORES
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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 15 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is the "Spalding Policy," which has already been in successful operation for the past 15 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By *A. G. Spalding.*
PRESIDENT.

Star

An article that is... conceded to be the... of currency, because... and the fact of the... thereon... other... Bureau of... great extent... counterfeit... Division... to seek...

Consequently... inferior quality... administration...

...eight... the world... M. B. ...

The... mainly... our...

These... goods... existing... they but... standard...

Manufactures... high-priced, and... "inferior goods"...

A... and... of cheap goods... depends principally...

We know from... poverty in quality... and...

M. B. ...

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